

VISIT...

LANZAROTE
Caliente.COM

BBQGuide's Recipe Pit

For your viewing and tasting pleasure!

October 2002

purported to be Amish, it's delicious!

Roasted Beef and Pork Loins

beef roast
pork roast, of comparable weights,
salt
pepper
garlic

Roast, covered, a roast beef, with a pork roast, comparable weights, boned/bone-in, season as you normally would, i.e., salt, pepper, garlic, etc.; cook as for pork, 35 minutes to the pound, (?); the beef will be well-done, but shouldn't be dry. Make gravy from the pan drippings. It's the best gravy in the world! This is also quite good as a hot, open-faced sandwich, from the leftovers.

[CLICK HERE FOR THE REST OF THE SITE](#)

Welcome Home -

In Memory of Sheri Kruse



This site dedicated to my BEST FRIEND and future Fiancé who died from injuries resulting in a car crash involving an UNLICENSED MULTIPLE DRUNK DRIVING OFFENDER who was DRUNK DRIVING AGAIN!!!! God help us that are aching for you Sheri. I miss you terribly. Never a Day Will Pass By Without You In My Thought's and In My Heart.



Sheri was born January 6, 1972 and died 12:04 AM December 18, 2001. She was the most beautiful person, inside and out. A Parents dream as a Daughter, Sister, Aunt, their life, blood and tears. A warm, loving, honest, intelligent and caring woman who also was a Registered Nurse.



A perfect Angel- please watch over me- I love you Sheri!!
I miss you terribly. Never a Day Will Pass By Without You In My Thought's
and In My Heart. You were my Best Friend and in my heart and soul, my
Fiancé, my everything-

When you died, part of my heart died with you-

PLEASE DON'T DRIVE DRUNK

Please visit her permanent Memorial page at:
<http://www.belovedsheri.com> as there is so much more
you should know.





JUNE 14th FLAG DAY!!!

If you like my site and wish it to continue, please sign the guest book in support.

[ALL RIBS-CLICK HERE](#) <-nothing but BBQ RIBS!

No matter if you spell it RECIPIES or RECIPES, its all good! A virtual TON of baby back rib recipes below.

Sara Moulton's **[PRIME RIB CHRISTMAS IS HERE!](#)** <----GREAT FOR ANY TIME!

 Not online

Spring Edition 02- FRONT PAGE

Welcome to my BBQ PIT! I hope you find the information I have compiled over the years useful. I am working on a number of items that I have actually created and charred. If you are going to be grilling PLEASE be careful and whatever you do.... HAVE FUN! Credit given where credit is due and if you find something that is posted illegally, I'll remove it. I am not running this page for profit as I am not getting compensation for anything listed here, except the AMAZON box no one buys from. I purchased PREMIUM HOSTING FROM YAHOO in order to serve you better and to remove all the ads.

Jackie's Down Under Delights. Direct from.. DOWN UNDER!

I suggest investing in some nice cast iron cookware. Its very inexpensive and will easily be a family heirloom that can provide endless memories of great meals. These can be used on your grill and side burners too! My Mom has two pans that are easily over 100 years old and perfectly SEASONED. The melt in your mouth fried taters are award winners. Be sure to see the USE and CARE page listed below. If you have been at this site before, you might notice a different THEME for the pages. This is my effort to keep things fresh.

The **Visitor Recipe Box** now contains several visitor contributed recipes. Thank you VERY much!! I WANT YOUR tip or recipe!

A Holiday Festival is coming to your town soon I'm sure. Here are some **FESTIVAL FOOD** recipes to make at home! BBQ Rib Eyes Steaks, Funnel Cakes, Fair Fries.. take a look! Its a GREAT time of year to be outside enjoying the crisp fresh air and looking at all the wonders Mother Nature has to offer. **GET OFF THIS COMPUTER AND GET OUTSIDE! PLEASE** sign my guest book on the way out. I'd love to hear about you. Please don't let friends drive drunk.

You do not have to be a "cook" or "chef" to use any of the recipes here. The only thing you need is a little imagination, some heat and some meat! Of course if you need help, feel free to email me. I'm not a chef though I have a very good friend that IS one. So yes, that makes me an expert (smile)!

The NEWEST recipe additions to this site ARE HERE. Blooming Onion with a dip and more! There are some GREAT recipes posted in the GUEST BOOK!!

Previous editions of this FRONT PAGE are available BY **CLICKING HERE.**

I needed a laugh and a different type of meat recipe and I FOUND IT **HERE AT**



MOONSOWNSISTER!!!!

I am making an **AWARD** page. If you know of a worthy site, please email me so I can check it out.

A quick reference tool is this **MEAT GRILLING CHART**. The biggest single complaint about

If you are looking for a very VERY tasty treat, these **DEVILED EGGS** are just what the farmer ordered! The QUIZLET is very important to me so I know what to do with this site, please click the mouse on your thoughts. I guarantee there are NO BAD LINKS on this site. Every effort has been made to make things look decent and load fast. If you have any comments or suggestions, I welcome your thoughts.

grilling steaks is that they get too done. Most supermarket steaks are cut about 1" thick. A general rule of thumb for no more than medium rare (red juicy center warmed all the way through), would be about 4 minutes a side on a hot grill. NO LONGER! Another rule.. HIGH HEAT EQUAL LID UP and LOW HEAT equal LID DOWN when grilling.

Just added **BRAISED BBQ SHORT RIBS**.

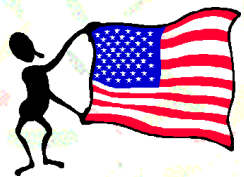
Many new links added and please add your own. Its so easy to do! The GUEST BOOK contains some very nice contributions too!

This site is a mirror of my new WWW name of **www.bbqguide.com**! Looking for donations or sponsors to fund this new venture of 2002.



See Tony Packo's **[Favorite Walleye Recipe](#)**.
nicest dress for THIS dinner!

Corporal Klinger would wear his



Below you will find:

- Tips
- Meat

- Sauces & Rubs
- More Meat & Seafood
- Drinks & Desserts
- More Fine Recipes
- Other Interesting Items
- Links

Can't find what you are looking for? [Post a message on our new discussion board!](#)



**Bless us, oh Lord,
for these thy gifts,
which we are about to receive,
from thy bounty, through Christ our
Lord.
Amen.**

**This is my favorite before dinner
prayer. And Thank you LORD for
allowing me to share this web site.**

More like this

The TIPS....

[VERY IMPORTANT SMOKER LINK](#) In case you can't load this link click on the next one.

I saved the BEST just in case.. MEAT SMOKING & CURING

[Jeff Stehney Competition Barbecue Tips](#)

[Spit Cooking \(Civil War Style!\)](#)

[Spit Roasting a PIGGY](#)

[Avoiding BBQ Blunders...](#)

[So you want to buy a grill?](#)

[Smoker Talk. interesting info..](#)

[So you are too cheap to buy a REAL smoker and want a table top one?...](#)

[BRADLEY'S RECIPE FOR MAKING YOUR GAS GRILL INTO A GREAT H2O SMOKER](#)

[Grilling in the dead of winter?](#)

[YOU ASKED FOR GRILLING TIMES?](#)

Where's the meat?



What part of Betsy does the beef come from?

Nothing but BRISKETS!!

Texas Oven Brisket ***GOD BLESS TEXAS!***

Campfire Steaks! No marshmallows allowed

Kansas City Style Rub and Baby back Ribs

Start with this one for Ribs

Baby Back Ribs

Ribz cooked in Szechwan Red Cooking Sauce and grilled...

I like to read about RIBZ! more cooking talk

Yep..some RIB talk and recipes...

Another in the RIB series..

And another in the Rib Series

Another RIBz...

The Last one on the ribz deal...

Prime rib Steaks and a rub...

How to grill a Prime Rib Roast...

Beef Short Ribs

Slow cooked BBQ Pork Ribz

[BBQ Spareribz](#)

[BBQ Pork Ribs Texas Style](#)

[Zesty BBQ Ribs](#)

[GRILLED MARINATED LAMB](#)

[Dirty Steak Cooking..not what you think!](#)

[Steaks for the masses.. cooking BIG steaks for many..](#)

[Marinated grilled London Broil...](#)

[Best cut of PORK to BBQ!...](#)

[A short cut to a great brisket...](#)

[Grilled Top Sirloin with Herb and Garlic..](#)

[Teriyaki BBQ!](#)

[GRILLED PIGS' EARS..YEEHAAA ..now THAT is living!](#)

[Great SirLoins Here..](#)

[Simple Rib Eye deal](#)

[Never Fail Prime Rib](#)

[Easy Crock Pot BBQ Chops](#)

[Grilled Rosemary Lamb Chops](#)

[BRAISED RABBIT WITH BLACK OLIVES](#)

[Glazed Pork Loin Roast](#)

[Rabbit, Hunter's Style](#)

[Rack of Lamb Tips](#) Nothing better than a NICE RACK.

[Steak au Poivre WEE WEE!](#)

[Some GREAT Chops!](#)

[Grandma's Pot Roast and Gravy](#)

[Crown Pork Roast... King or Queen?](#)

[Delmonico Steak with Peppercorn Sauce](#)

[Devil's steak.. use forked tongue?](#)

[Mongolian Beef...Where is my map...](#)

[Amish Pork and Beef Roast Combo!](#) There HAS to be an AMISH joke
here

[Chicken Fried Steak with Gravy, TEXAS style](#)

[BBQGuides No Tools Ribz](#)

[SAUCE IT UP & Rub it too!](#)

[Three Easy BBQ Sauces](#)

[Simple but tasty rib rub](#)

[BBQ Sauce ARMY Style](#)

[BASIC BBQ sauce](#)

[Cooking with BEER..MMmmm..BEEER](#)

[Beer Beef marinade](#)

[Dry rub for ribs..did Adam use this?](#)

[T.G.I. Friday's Jack Daniels Grill Glaze](#)

[Lone Star Steak Sauce](#)

[BBQ Sauces..3 nice ones...](#)

[Dry rubs for everything...](#)

[SARA LEE'S ARKANSAS BARBECUE SAUCE](#)

[Southwest BBQ Sauce](#)

[Texas BBQ Sauce #2](#)

[Jack Daniel BBQ Sauce..](#)

[Jim's BBQ BEEF rub...](#)

[North Carolina BBQ...](#)

[Another NC BBQ deal...](#)

[Heidi's Teriyaki Sauce](#)

[Heidi's Kick ASS Taco Dip and more goodies!](#)

Chicken, Turkey and Seafood....

Deep Frying the Bird

The Saga of Thompson's Turkey

500 Degree Turkey Recipe..very crispy!

Read this turkey primer first!

BBQ Salmon

Grilled Salmon

Smoked Salmon One version

SMOKER SALMON!

[Lemon Garlic Roasted Chicken](#)

[Broiled CATFISH..MEEEOOWWWWCH!](#)

[Scallops with a Starter Sauce... no ya can't GRILL them..](#)

[Baked Cornish Hens](#)

[3 Deep Fried Fish ideas](#)

[Butter Balls 10 steps to a picture perfect turkey...](#)

[How to smoke a turkey!](#)

[Part 2 Gobble..gee..is it warm in here or what?](#)

[Part 3 Gobble gobble...yeah..I feel like I have the Pilgrim Flu..](#)

[Tying up a chicken..an already dead one](#)

[How to smoke a Game Hen](#)

[Broiled Lobster](#)

[Herb Roasted Chicken](#)

[Buffalo Wings galore..they have wings? When pigs fly!](#)

[Tea Smoked Chicken ...Its not British!](#)

[All American BBQ Chicken!](#)

[Grilled Pizza Margarita & Grilled Pizza Crust](#)

[PEKING DUCK](#) For the LAST time, NO, it can't fly out on its own power!

[BUTTERFLY SHRIMP WITH SEA SCALLOPS](#)

Drinks & Desserts

[A REAL Simple FUDGE...](#)

[Microwave Peanut Brittle..haha..and you thought this was a GRILL only page!](#)

[Texas Tea...its flammable!!](#)

[Ginger Tea](#) direct from Gilligan's kitchen.

[Frozen Margaritas..warm her up!](#)

[Banana Cream Pie..Mmmmmmm](#)

[Peanut Butter Eggs... a chocolate hen?](#)

[Peanut Butter Pie](#) <--my dog LOVED it!

More FINE recipes!

[NEWEST SITE ADDITIONS](#)

[Simple Deep Fry Batter mix](#)

[Tarter Sauce...love it with French Flies](#)

[Jugged Hare..wabbit cooking ..That wittle waskel..](#)

[Smothered Rabbit... is there any other way???..hehehe](#)

[Deep Fried Rabbit...YUM YUM.. NO Carrots!](#)

[Grilled Garlic Bread](#)

[How to tie a roast](#)

Elmer Fudd's Dream Meal

Other things I found along the way...

PEPPER...everything you wanted to know..

Everything to do about Spices part one

Very interesting Part 2 on Spices..take a moment

FLUBBER!!! Don't eat it all yourself!!! That's right.. click there and you too can have some fantastic shoes!!

Care and use of Cast Iron Utensils

More Cast Iron Info...

And even MORE Cast Iron Info...

Share my site with a friend with this tool, just fill it in and click!

Lets start a discussion about cooking on my new MESSAGE BOARD.



Come on and post ON THE BOARD!

Tell me what you want or what you liked by leaving FEEDBACK!



GUEST BOOK

Leave recipe requests on the [MESSAGE BOARD](#) for all to help and view. Please leave recipe requests on the message board and leave all site comments and other posts on the Guest Book.
THANKS!

[Sign My Guest book](#)

Get your own
FREE

[View My Guest book](#)

IN ASSOCIATION WITH
amazon.com.

RED HOT LINKS!

NOTE! There are **48 links** here and they have all been reviewed and I recommend them all.

Yes you can now add your own favorite link here. HIT THE MORE LINKS button to see them all!!!!

[My Favorite Links](#): Click to View or Add Links. ☐

[My Personal Link page for ONLINE MEAT STORES](#)

Please let me know what you think of my page!

<mailto:bbqguide@yahoo.com>

[The BBQGUIDES Online Meat Store listings.](#) BUY MEAT ONLINE!

[**CLICK HERE FOR MEAT GRILLING CHART**](#)

SEARCH WORD HERE

More Site Utilities here:

Participate in the POLL and the results will be tallied and additions made to this site accordingly.

[**PREVIOUS POLL RESULTS HERE**](#)

SMOKER BUYING INFORMATION

The results of the "More info- for what" poll was:

A three way tie for first place:

- 1: Beef, Chicken and Smoker Buying Guide, 5 votes each
- 2: No Changes, its all good, 3 votes
- 3: Pork, 2 votes
- 4: Seafood and Vegetables, 1 vote each

I am currently researching the web for the best Smokers. It seems that Weber has a solid reputation and is reasonably priced and Charbroil is runner up. I am going to buy a Charbroil electric unit.

I have found [THIS SITE](#) to help you in your choice. Your opinion counts so feel free to join in for the Smoker Buying Guide! Then try [THIS LINK](#) for more information.

My [NO TOOLS RIBZ](#)

[MAIL MAIL MAIL MAIL MAIL ME](#)



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Saturday, June 08, 2002



ALL RIBS!



Cowboy Barbecued Ribs

Prep: 15 min, Cook: 1:50.

3-1/4 lbs. pork spareribs

2/3 cup water

3-1/2 Tbs. unsalted butter

1 Tbs. plus 1 tsp. fresh lemon juice

2 Tbs. plus 2 tsp. dry mustard

2 Tbs. plus 2 tsp. chili powder

2 tsp. sugar

2 tsp. paprika

3/4 tsp. onion powder

3/4 tsp. garlic powder

1/8 tsp. cayenne

Preheat oven to 400°F. Place spareribs on broiler pan and cover with foil. Roast 1-1/2 hours.

While spareribs are roasting, combine remaining ingredients and salt to taste in a saucepan and mix well. Bring to a boil. Reduce heat and simmer 30 minutes. Remove ribs from oven, remove foil and turn on broiler. Brush sauce on ribs. Broil 7-10 minutes on each side 5 inches from heat source. Serve ribs with additional sauce.

Chinese Style Ribs

Prep: 5 min, Marinate: 1:00, Cook: 15 min.

1/3 cup plum sauce

2-3/4 tsp. barbecue sauce

2-3/4 Tbs. orange juice

2-3/4 tsp. vegetable oil

3/4 2 inch piece fresh ginger, freshly grated

2 cloves garlic, crushed

1-1/4 tsp. cumin

1-1/4 loin back pork ribs, cut into sections

Combine plum sauce, barbecue sauce, orange juice, oil, ginger, garlic and cumin. Pour over ribs and allow to marinate 1 hour or overnight in the refrigerator. Barbecue for 12-15 minutes, turning occasionally, until cooked.

Deviled Grilled Short Ribs

Prep: 5 min, Cook: 30 min.

1/4 cup spicy brown mustard

3 Tbs. white horseradish

3 Tbs. Worcestershire sauce

2-3/4 lbs. beef short ribs, cut into serving size pieces

unseasoned meat tenderizer

Prepare grill. Combine mustard, horseradish, and Worcestershire in a bowl. Sprinkle beef with meat tenderizer. Place meat on grill over medium heat. Cook short ribs 30-40 minutes, turning often or until desired doneness is reached. Brush with mustard mixture frequently during last 10 minutes of cooking.

Orange Country-Style Ribs

Prep: 15 min, Cook: 1:15.

6 ounces tomato paste

1/2 cup brown sugar, packed

1/4 cup frozen orange juice concentrate, thawed

2 Tbs. red wine vinegar

1 Tbs. prepared mustard

1 Tbs. Worcestershire sauce

2 lbs. country style pork ribs, cut into 1-rib portions

Prepare grill. Combine all ingredients, except ribs, in a bowl. Season with pepper to taste and mix well. Place a large piece of foil over coals beneath grill to catch drippings. Place ribs on grill about 6 inches above slow coals. Close hood and cook about 20 minutes. Turn ribs and cook covered, 20 minutes more. Brush ribs with sauce and cook , covered, 25-35 minutes more or until cooked through, turning and brushing frequently with sauce.

Hot and Spicy Spareribs

Prep: 20 min, Cook: 1:25.

2 Tbs. unsalted butter

1 medium onion, finely chopped

2 cloves garlic, minced

1 lb. canned tomato sauce

2/3 cup cider vinegar

2/3 cup brown sugar, firmly packed

2 Tbs. chili powder

1 Tbs. prepared mustard

4 lbs. pork spareribs

Melt butter in a heavy nonstick skillet over low heat. Add onion and garlic and sauté until tender. Add remaining ingredients, except ribs. Season with pepper to taste and bring to a boil. Reduce heat to low and simmer 20 minutes, stirring occasionally. Prepare grill. Place ribs on grill, meatiest side down, about 6 inches above low coals or over indirect heat (banked coals). Close grill hood. Grill 20 minutes. Turn and cook 45 minutes. Baste with sauce, close grill and cook 10 minutes. Turn ribs, baste and cook 10 minutes more.

Blackened Cajun Ribs

Prep: 20 min, Cook: 1:30.

2 lbs. pork spareribs, cut into 8 ounce portions

1 Tbs. paprika

1-1/2 tsp. onion powder

1-1/2 tsp. garlic powder

1 tsp. black pepper

3/4 tsp. salt

3/4 tsp. cayenne pepper

3/4 tsp. thyme, crushed

3/4 tsp. oregano, crushed

Place ribs in a pan of boiling water. Simmer , covered, 45 minutes and drain. Combine seasonings in a bowl and sprinkle on both sides of warm ribs, rubbing in slightly. Preheat oven to 350°F. Place ribs in a shallow baking pan and bake in a single layer 45 minutes, until ribs are tender and nicely browned.

This recipe serves 48 people. Because this recipe is for a particular size pan, it adjusts the number of servings only in multiples of 48.

Maple-Mustard-Glazed Spareribs

Prep: 20 min, Cook: 1:30.

1/2 tsp. mixed pickling spice

cheesecloth

2 tsp. vegetable oil

1 small onion, coarsely chopped

1/2 cup maple syrup

1/4 cup vinegar

2 Tbs. water

1 Tbs. Dijon mustard

4 lbs. pork spareribs

Tie pickling spice in several thick nesses of cheesecloth to make a bouquet garnish. Set aside. Heat oil in a heavy nonstick saucepan over medium high heat. Sauté onion until tender. Add bouquet garnish. Stir in syrup and next 3 ingredients. Season with salt and pepper to taste. Simmer 20 minutes. Discard bouquet garnish. Sprinkle ribs with salt to taste. Prepare grill. Place ribs on grill, meatiest side down, about 6 inches above low coals or over indirect heat (banked coals). Close grill hood. Grill 20 minutes. Turn and cook 45 minutes. Baste with sauce, close grill and cook 10 minutes. Turn ribs, baste and cook 10 minutes more.

Short Ribs in Beer

Prep: 10 min, Cook: 1:40.

2-3/4 lbs. beef short ribs

1-1/4 large onions, sliced

3/4 package dry onion soup mix

1 cup beer

Turn on broiler. Broil ribs 10-15 minutes until brown. Transfer ribs to a baking pan. Preheat oven to 325°F. Spread onion slices over browned ribs. Sprinkle with onion soup mix. Pour beer over all. Cover and bake 1-1/2 hours until meat is tender.

Country Style Ribs and Vegetables

Prep: 15 min, Cook: 1:50.

1-1/2 tsp. oil

1-1/2 lbs. boneless country style pork ribs

3/4 cup apple cider

1/8 tsp. cinnamon

1/8 tsp. cloves

1/4 lb. baby onions, or onion wedges

1/4 lb. baby carrots

1/4 lb. new potatoes

Heat oil in a Dutch oven over medium high heat. Brown ribs. Add next 3 ingredients and cover. Reduce heat to low and simmer 1 hour. Add vegetables and simmer 45 minutes more.

Chinese-Style Spareribs

Prep: 10 min, Marinate: 6:00, Cook: 2:00.

2 Tbs. plus 2 tsp. Hoisin sauce

2 Tbs. plus 2 tsp. water

2 Tbs. dry sherry

1 Tbs. plus 1 tsp. honey

1 Tbs. plus 1 tsp. soy sauce

2 cloves garlic, minced

2-3/4 lbs. pork spareribs, cut into serving size portions

Place a large plastic bag in a large bowl. Combine all ingredients, except ribs, in bag and mix well. Add ribs and close bag tightly. Marinate in refrigerator 6 hours or overnight. Turn bag several times to distribute marinade. Preheat oven to 350°F. Drain ribs, reserving marinade. Place ribs in a shallow roasting pan. Cover with foil and bake 1-1/2 hours. Uncover and brush ribs with reserved marinade. Bake , uncovered, 30 minutes or until cooked throughout.

Smoky Country Style Ribs

Prep: 15 min, Cook: 2:00.

3 lbs. country style pork ribs

1 tsp. garlic salt

1 tsp. freshly ground black pepper

1 cup ketchup

1/2 cup brown sugar, firmly packed

1/2 cup chili sauce

2 Tbs. cider vinegar

2 Tbs. liquid smoke

1 Tbs. lemon juice

Preheat oven to 325°F. Sprinkle ribs with garlic salt and pepper. Combine remaining ingredients in a saucepan over medium heat. Cook about 10 minutes, stirring occasionally. Keep warm. Place ribs, rib bones down, on a rack in a shallow roasting pan. Baste with sauce. Bake 1-1/2 to 2-1/2 hours, turning and basting with sauce every 30 minutes. Cut into serving-size portions. Bring remaining sauce to a boil and serve with ribs. This recipe serves 6 people. Because this recipe is for a particular size pan, it adjusts the number of servings only in multiples of 6.

Barbecued Country Style Ribs

Prep: 5 min, Cook: 2:15.

1-1/4 lbs. boneless country style pork ribs

2 Tbs. plus 2 tsp. barbecue seasoning

1-1/3 cups purchased barbecue sauce

Preheat oven to 300°F. Rub ribs on all surfaces with barbecue seasoning. Place ribs in a shallow pan, cover with foil and bake 2 hours. Prepare grill or broiler. Remove ribs from oven and grill or broil 12-15 minutes, turning frequently and basting with barbecue sauce.

Barbecued Baby Back Pork Ribs

Prep: 10 min, Cook: 2:15.

4 lbs. baby back pork ribs

2 cups barbecue sauce

Preheat oven to 300°F. Place ribs in a shallow pan, cover with foil and bake 2 hours. Prepare grill. Remove from oven and grill 12 minutes, turning frequently and basting with barbecue sauce.

Oktoberfest Ribs

Prep: 15 min, Cook: 2:30.

2/3 cup water or chicken stock, or apple cider

2-3/4 lbs. sauerkraut, drained

2 tsp. caraway seeds

1-1/4 yellow onions, peeled and cut in half

1-1/4 Granny Smith apples, cored and wedged

2 Tbs. plus 2 tsp. brown sugar

2-3/4 lbs. loin back pork ribs

Layer all ingredients in a large Dutch oven in this order: water, sauerkraut (bury caraway seeds evenly in the sauerkraut layer), onions, apples, brown sugar (sprinkle evenly over) and ribs.

Bring to a boil. Lower heat, cover and simmer gently 2-3 hours, until ribs are very tender.

Oven BBQ Ribs

Prep: 10 min, Cook: 2:30.

2-3/4 lbs. racks pork baby back ribs

3/4 lemon, thinly sliced

3/4 tsp. celery seed

3/4 large onion, thinly sliced

1/4 cup Worcestershire sauce

2/3 cup ketchup

3/4 tsp. chili sauce

1/8 tsp. hot red pepper sauce, or to taste

1 cup water

3-1/2 Tbs. brown sugar, packed

3/4 tsp. salt

Preheat oven to 450°F. Place ribs in a large roasting pan and cover with next 3 ingredients and 1 Tbs. Worcestershire sauce. Roast uncovered 45 minutes. Meanwhile, combine remaining ingredients in a heavy saucepan over medium high heat. Bring to a boil, stirring occasionally and set aside. Remove meat from pan. Reduce oven temperature to 350°F. Discard excess fat from pan. Return meat to pan and bake another 1-3/4 hours, basting with sauce every 15 minutes. Add water to sauce if it gets too thick.

Cabrito Ribs

Prep: 5 min, Cook: 4:00.

8 lbs. goat ribs

2 cups barbecue sauce

Preheat oven to 300°F. Spread sauce over ribs and wrap in aluminum foil. Bake 4 hours or until tender.

This recipe serves 4 people. Because this recipe is for a particular size pan, it adjusts the number of servings only in multiples of 2. The instructions describe how to prepare the ingredients for one pan. There are enough ingredients to prepare 2 pans

I thought you might like the last one....hehehehehe

You want to read from a real pro on ribs? [HERE YOU GO!](#)

[BBQ & Recipes](#)

SARA MOULTON PRIME RIB WITH YORKSHIRE PUDDINGS

Recipe courtesy Gourmet Magazine for Sara Moulton on Cooking Live

2 rib tied prime beef rib roast (from small end, about 4 1/2 pounds trimmed)

2 teaspoons Kosher salt

Pepper, to taste

For vegetables:

2 1/2 tablespoons vegetable oil

16 pearl onions

3 carrots, thinly and diagonally sliced

3 celery ribs, thinly and diagonally sliced

2 portobello mushrooms, stems removed and cap cut into 8 wedges

1 1/3 cups Merlot or other dry red wine

1 cup veal or beef demi-glace*

2 tablespoons red currant jelly

3/4 teaspoon drained bottled horseradish

3 tablespoons chopped flat leafed parsley

Accompaniment: 4 Yorkshire puddings

*available at specialty foods shops

Preheat oven to 450 degrees F.

Put beef, fat side up, in a shallow flameproof roasting pan. Sprinkle salt and pepper over top. Roast beef in lower third of oven for 20 minutes. Reduce oven temperature to 350 degrees F. and roast beef 1 hour and 15 minutes more or until a meat thermometer inserted 2 inches into center of meat registers 115 degrees F. Transfer beef to a cutting board, reserving pan juices in pan and let stand 25 minutes. For vegetables: In a

large skillet, cook onions in 1 1/2 tablespoons oil over moderately low heat, stirring occasionally, until softened and golden, about 8 minutes. With a slotted spoon, transfer onions to a bowl and cook carrots and celery in remaining tablespoon oil over moderate heat, stirring until crisp-tender. Add mushrooms and cook, stirring, until liquid released from mushrooms evaporates. Transfer vegetables to a bowl and season with salt and pepper.

While beef rests, skim fat from pan juices and reserve 4 tablespoons of fat for Yorkshire puddings. (Puddings may be baked while beef is standing.) Place roasting pan on stovetop. Add wine to roasting pan and simmer over moderately high heat, scraping up any brown bits, until reduced to about 1/2 cup. Add demi-glace, jelly, horseradish, vegetables, parsley, and salt and pepper to taste and simmer, stirring occasionally, until heated through. Discard string and, with a sharp knife, remove rib bones. Thinly slice beef and serve over Yorkshire puddings with gravy.

YORKSHIRE PUDDINGS

1 cup all purpose flour

1 teaspoon salt

2 large eggs

1 cup whole milk

4 tablespoons vegetable oil or reserved beef fat from prime rib

In a blender blend flour, salt, eggs and milk until just smooth. Chill batter, covered, 30 minutes. Preheat oven to 425 degrees F. Arrange four 5 1/2-inch pie plates in a large shallow baking pan and spoon 1 tablespoon beef fat into each. Put baking pan in middle of oven for 5 minutes to heat oil. Quickly pour 1/2 cup batter into each pie plate and bake in the middle of oven until puddings are puffed and golden brown, about 18 minutes. With tongs, remove puddings from pie plates and serve immediately.

Yield: 4 servings

Coming direct to you from Australia, say Hello to my friend Jackie. Thanks for taking your time to share your personal recipe files!

Sweet and Sour Beef Balls (can be used as entree) (makes about 42)

1kg minced beef - about 2.2 pounds
4 spring onions chopped
1 cup breadcrumbs
2 cloves of crushed garlic
2 tablespns oyster sauce
1 egg lightly beaten
1/2 tablespn sesame oil
1 tablespn sesame seeds
peanut oil
1 and 1/2 cups sweet sour sauce (warmed)
1/4 tablespoon five spice powder

Using hands combine minced onions, breadcrumbs, garlic, oyster sauce, egg, oil and seeds. Shape level tablespoons into balls place on oven tray cover and fridge for half an hour.

Shallow fry balls in hot oil in batches until brown
drain on absorbent paper brush with 1/2 cup sweet sour sauce

cook in moderate oven 180 c or 350 degrees for 10 min

insert tooth pick into each ball with a lime slice to serve

Enjoy!!!!

Spiced Lamb Kebabs

500g trim lamb cut into cubes - about 1.1 pounds
1 tbspn olive oil
1/2 tbspn peppercorns
salt to taste
1 med red capsicum
12 shallots or spring onions

In large bowl, add meat oil and spices and coat meat thoroughly. leave to marinate 2 hours.

Halve and remove seeds from capsicum and cut into large squares. Trim tops off spring onions and boil for 1 minute. Drain and refresh under cold water then cut lengthwise. On each skewer thread cubes of meat and onion and capsicum. Continue until all ingredients used.

Combine the ingredients together for the dressing in a bowl. Place kebabs on a pre heated grill and grill over high until golden brown all over and turn after 5 min. Sprinkle salt to taste.

Spoon rest of dressing prior to serving

Tip: use wooden skewers soak in water for an hour to prevent getting burned



Tried & True Visitor Contributed Recipes

Added May 27, 2001

GREAT North Carolina BBQ Recipe!

I love your page 'cause I'm a HUGE BBQ fan. I jut love the stuff. I saw you had 2 recipes for NC BBQ but the one I have is much better.. Since I grew up in rural coastal NC I know what BBQ is there. When I moved to KY everyone freaked at my BBQ< but none the less...They all love it. Here goes:

2 cups White vinegar
2 sticks butter or margarine
2 tbs. salt
2 tbs. red crushed pepper
5 teaspoons black pepper
2 tbs. lemon juice
2 tbs. sugar

Mix all together and simmer on low heat a while. That's it! It keeps in the fridge almost forever.

To make real NC pork BBQ just boil some pork shoulder or butt till it falls apart and shred then mix with sauce. enjoy!

=====

July 2, 2001

Robert Foster's Ribs

I used dried thyme last time and just crushed it a bit and it was much better than ground. I found the recipe on the internet somewhere...i can't remember where. I didn't use barbeque sauce at all...just this.

3 tablespoons ground cumin
2 tablespoons California chili powder
1 tablespoon pasilla chili powder
2 tablespoons ground thyme
1-1/2 tablespoons garlic powder
1 tablespoon ground celery seed
1 teaspoon ground ginger
1/8 teaspoon ground cloves
1 teaspoon black pepper
1 teaspoon salt
2 tablespoons packed brown sugar
1-1/2 cups very strong coffee
1 tablespoon Worcestershire sauce
2 tablespoons black molasses
1-1/8 teaspoons liquid smoke
4 beef bouillon cubes

8 racks pork baby back ribs (about 12 pounds)
1 cup hickory wood chips (optional)
Barbecue sauce for serving

Preparation

To make the barbecue paste: Combine all the spices and the brown sugar in a small bowl and set aside.

Combine the remaining paste ingredients in a medium saucepan and cook over medium-low heat, stirring occasionally, until the bouillon cubes dissolve, 3 to 5 minutes. Slowly add the spice mixture, stirring constantly, until thoroughly combined. Remove from the heat and set aside for 5 minutes to cool.

Thoroughly rub the ribs with the paste. Place the ribs in a deep, wide pan, cover with plastic wrap, and refrigerate for at least 5 hours or overnight. If you have any barbeque paste left over, cover and refrigerate it.

Prepare a fire in a charcoal grill. If using the hickory chips, soak them in water to cover. When the coals are at medium-low heat, drain the chips (if using) and sprinkle half of them over the coals. Place the ribs on the cooking rack, cover the grill, partially open the vents, and cook for 30 to 40 minutes, turning frequently. Sprinkle the remaining hickory chips over the coals after 20 minutes.

Remove the ribs from the grill and serve dry or with a favorite barbecue sauce on the side.

=====

July 2, 2001

Mark E.'s Potato Salad

Creamy Dijon Potato Salad
Yield: 6 Servings

6 ea Red Potatoes, med
2 ea Green Onions, sliced
1/2 c Sliced Celery
1/3 c Oil
3 T Dijon
2 T White Vinegar
1 t Dried Basil
1/2 t Salt
1/4 t Pepper

Cook potatoes, cool slightly, cut into cubes, mix with onions & celery. Whisk together other ingredients, toss with salad & chill for 1 hour

=====

July 5, 2001

lil'd from goremaid's

Artichoke Dip

2 14oz artichoke hearts copped

2cups parmesan

1 4oz black olives

1cup mayo i do mean mayo

1or2tbs.chopped garlic

Mix it all and bake in glass pan at 325 degrees.

Eat with smoked oysters and crackers

=====

July 14, 2001

UMP from Statesville GA writes-

"A variation of the beer can chicken. Prepare the bird as the recipe begins but lightly coat the outside with olive oil, then lightly coat the outside with a breading mix (I like House of Autry) and continue to cook. It's like fried chicken only with less fat."

=====

January 31, 2002

Jackie sends in an authentic Aussie BBQ recipe as follows-

Spiced Lamb Kebabs

500g trim lamb cut into cubes

1 tbspn olive oil

1/2 tbspn peppercorns

salt to taste

1 med red capsicum

12 shallots or spring onions

in large bowl, add meat oil and spices and coat meat

thoroughly. leave to marinate 2 hours

halve and remove seeds from capsicum and cut into large squares. Trim tops off spring onions and boil for 1 minute. Drain and refresh under cold water then cut lengthwise. On each skewer thread cubes of meat and onion and capsicum. Continue until all ingredients used.

Combine the ingredients together for the dressing in a bowl. Place kebabs on a pre heated grill and grill over high until golden brown all over and turn after 5 min. Sprinkle salt to taste.

Spoon rest of dressing prior to serving

Tip: use wooden skewers soak in water for an hour to prevent getting burned

Thank you so much!

BBQ GUIDE



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FAIR FOOD

FAIR FRIES

Recipe courtesy of BBQGUIDE

Take a 10# bag of Idaho Bakers and slice them to your favorite thickness. Place them in a large mixing bowl and fill with water and let soak. These can be refrigerated until you are ready to cook them. Soaking the potatoes removes the starch. Be sure to wash the potatoes but.. LEAVE THE SKINS ON!! Buy a large jug of peanut oil. If you don't have a deep fryer you can use a heavy dutch oven or even use a fry pan. Heat the peanut oil to 350 F. You can buy a deep fry thermometer for about \$10 from www.p4online.com . Remove the potatoes from the water and pat dry with paper towels. Depending on the thickness of your cuts, fry them the first time, about 8 minutes, for normal sliced fries. Remove them from the oil and let them cool. REFRY them when you are ready to serve about half the cooking time or until the desired crispiness has appeared. You should really try the gourmet salts on these. One batch of these fries won't be enough, I GUARANTEE!!!

SOFT PRETZELS

Recipe courtesy of Marie Ostrosky

1 tablespoon sugar

1 tablespoon active dry yeast (one 1/4-ounce envelope)
5 to 6 cups all-purpose flour
1 tablespoon salt
2 teaspoons canola oil
2 tablespoons baking soda
1 large egg

Coarse or pretzel salt

Vegetable-oil cooking spray

Pour 2 cups hot water into bowl of electric mixer with dough hook. Check water with instant-read thermometer to register about 110 degrees. Add sugar, stir to dissolve. Sprinkle with yeast; let sit 5 minutes; yeast should bubble.

Beat 1 cup flour into yeast on low until combined. Beat in salt and 4 cups flour until combined, about 30 seconds. Beat on medium-low until doughy pulls away from sides of bowl, about 1 1/2 minutes. Add 1/2 cup flour, and knead on low 1 minute more. If dough is still wet and sticky, add 1/2 cup more flour (this will depend on weather conditions); knead until combined, about 30 seconds. Transfer to a lightly floured board, and knead about 10 times until smooth.

Pour oil into a large bowl; swirl to coat sides. Transfer dough to bowl, turning dough to completely cover all sides. Cover with a kitchen towel, and leave in a warm spot for 1 hour, or until dough has doubled in size.

Heat oven to 450 degrees. Lightly spray two baking sheets with cooking spray. Set aside. Punch down dough remove bubbles. Transfer to a lightly floured board. Knead once or twice, divide into sixteen pieces (about 2 1/2 ounces each), and wrap in plastic.

Roll one piece of dough at a time into an 18-inch-long strip. Twist pretzel shape; transfer to prepared baking sheet. Cover with a kitchen towel. Continue to form pretzels; eight will fit on each sheet. Let dough rest until it rises slightly, about 15 minutes.

Meanwhile, fill large shallow pot with 2 inches water. Bring to a boil. Add baking soda. Reduce to simmer; transfer three to four pretzels to water. Poach 1 minute. Use slotted spoon to transfer pretzels to baking sheet. Continue until all pretzels are poached.

Beat egg with 1 tablespoon water. Brush pretzels with egg wash. Sprinkle with salt. Bake 12 to 15 minutes, until golden brown. Let cool on wire rack. Pretzels are best when eaten the same day, and will keep at room temperature, uncovered, for two days. Do not store in covered container.

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CORNY DOGS

Recipe courtesy of Marie Ostrosky

Vegetable oil (for deep frying)

1/2 cup unsifted all-purpose flour (for dredging)
2/3 cup yellow cornmeal
1/3 cup unsifted all-purpose flour
1 teaspoon salt

1/2 cup milk
1 egg, well beaten
2 tablespoons vegetable oil
10 ready-to-eat frankfurters (1 pound)
10 wooden skewers

Place oil in deep-fat fryer, insert deep-fat thermometer, and begin heating to 375 degrees F. Place 1/2 cup dredging flour in pie pan; set aside.

Mix cornmeal, 1/3 cup flour, and salt in 2-cup glass measure. Add milk, egg, and 2 tablespoons vegetable oil. Mix well and set aside.

Thread frankfurters onto wooden skewers. Roll in dredging flour to coat, shaking off excess. Dip frankfurters, one at a time, in cornmeal batter, then fry in 375 degree F oil until golden brown, about 2 to 3 minutes. Serve warm.

=====

FUNNEL CAKES

Recipe Courtesy of Television Food Network

3 large eggs
2 1/4 cups milk
1/2 teaspoon pure lemon extract
4 cups flour
1 cup light brown sugar
1 tablespoon baking powder
1/2 teaspoon salt

Oil for frying

Cinnamon powdered sugar for dusting

Preheat the oil to 375 degrees F. In a mixing bowl, whisk the eggs, milk, and lemon. Whisk well. Sift the flour, sugar, baking powder, and salt together. Fold the flour mixture into the egg mixture. Stir until smooth. Hold your finger over the funnel opening, fill with 3/4 cup of the filling. Place your hand over the oil and carefully remove your finger. Scribble and criss-cross the filling into the hot oil. Fry until golden on both sides. Remove from the oil and drain on paper towels. Dust with cinnamon sugar mix. Repeat the process until all of the batter is used.

Yield: about 8 cakes

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FAIR STEAKS

BBQ RIB EYE STEAK

Recipe Courtesy Richard Jones, executive chef Richard's Place

MARINADE FOR STEAK:

1 teaspoon minced garlic
2 sprigs rosemary
1 cup olive oil

2 (12- ounce) rib eye steaks

Combine garlic, rosemary, and olive oil in glass dish or stainless steel bowl. Place steaks in olive oil mixture. Marinate steak for 1 hour before cooking.

BBQ SAUCE:

2 ounces sweet butter
1 tablespoon grated Spanish onion
1 teaspoon minced fresh garlic
3/4 cup sugar
8 ounces Worcestershire sauce
1 teaspoon Dijon mustard
1/2 teaspoon jerk seasoning
Salt and pepper to taste
1 1/4 cups catsup
1 teaspoon yellow mustard
1 tablespoon white vinegar

On a low heat, melt butter in a small saucepan. Add grated onions, minced garlic, and sugar. Using a wooden spoon, stir mixture well for approximately 3 minutes. Add remaining ingredients. Allow sauce to simmer 8 minutes stirring occasionally.

PREPARING STEAK Heat cast iron skillet (with grill marks) until skillet is very hot. Remove steaks from marinade and pat semi-dry. Place steaks in hot skillet and cook to desired temperature. Baste steak with BBQ sauce to taste.

Yield: 2 servings

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Grilled Garlic Bread:

1 stick of soy margarine, room temperature (I recommend Shedd's brand Soy Margarine)
3 large cloves of garlic (finely minced or use garlic press)

1 teaspoon ground pepper

French or Italian Bread

Mix soy margarine, garlic and pepper in a bowl. Cut bread into slices and butter one side of all the slices. Reassemble slices into a loaf, wrap in tin foil and seal the edges of the foil. Place foil package on the barbecue and cook until bread is toasted.

Bread with Garlic Dipping Oil:

Garlic-flavored Olive Oil (available in your grocery store)

Red Wine Vinegar

French or Italian Bread

Pour olive oil onto a plate, adding a splash of vinegar to the center. Use this to dip bread into.



Apple-Glazed Barbecued Chicken

1 can (6 ounce) frozen apple juice concentrate, thawed

1/4 cup reduced-sodium ketchup

2 tablespoons packed brown sugar

1 tablespoon cider vinegar

1 teaspoon dried thyme

1/8 teaspoon hot-pepper sauce

6 boneless, skinless chicken breast halves (4 ounces each)

In a small saucepan, combine the apple juice concentrate, ketchup,

brown sugar, vinegar, thyme and hot- pepper sauce. Cook, stirring, over medium heat until the sugar completely dissolves. Remove from the heat and cool to room temperature. Place the chicken in a single layer in a 13-by-9-inch baking pan. Pour about half of the cooled ketchup mixture over the chicken, turning once to coat both sides. Cover and refrigerate both the chicken and the remaining ketchup mixture for 4 to 24 hours. Coat a grill rack with nonstick spray. Then light the grill according the manufacturer's directions. Check the temperature for grilling; the temperature should be medium-hot (see the Test Kitchen Tip below). Place the rack on the grill. Remove the chicken from the ketchup mixture; discard whatever ketchup mixture remains in the baking pan. Coat the chicken pieces with nonstick spray and brush them with some of the remaining ketchup mixture. Place the chicken on the rack and grill, uncovered, for 8 minutes. Turn the chicken over and brush with the remaining ketchup mixture. Grill for 7 to 10 minutes, or until the chicken is tender and cooked through. Discard any remaining ketchup mixture. Preparation time: Not Available
Serves 6



Coffee Glazed Campfire Spareribs

Servings: 8

Ingredients:

Spareribs:

1 Tbsp salt

1 Tbsp coarsely ground pepper

1 tsp sugar

1 tsp cinnamon

1 tsp ground allspice

3 pork sparerib racks, cut into 3-rib sections

2 cups freshly brewed coffee

2/3 cup cider vinegar

Glaze:

3 Tbsp ground chicory

6 Tbsp corn oil

1 lrg onion, minced

2 garlic cloves, pressed

2 Tbsp chili powder

1 Tbsp brown sugar
1/2 tsp cinnamon
1/2 tsp ground allspice
1/2 tsp ground ginger
1 1/2 cups chili sauce, bottled
1 cup freshly brewed coffee
1/3 cup unsulfured light molasses
3 Tbsp Worcestershire sauce
1/2 tsp liquid smoke flavoring
salt

For the glaze:

Grind chicory to powder in processor. Heat oil in heavy large saucepan over medium-high heat. Add onion. Saute until palely golden, about 5 minutes. Add garlic. Saute 2 minutes more. Add 1/3 of the chicory (reserve the remainder for ribs), chili powder, sugar, cinnamon, allspice and ginger. Cook 3 minutes to blend flavors, stirring occasionally. Add chili sauce, coffee, molasses, Worcestershire and liquid smoke. Cook mixture over medium-low heat until thick and glossy, stirring occasionally, about 30 minutes. Season with salt.

Glaze can be prepared one day ahead. Cover tightly and refrigerate. Before using, stir over low heat until heated through.

For ribs:

Combine first 5 ingredients in small bowl. Mix in chicory reserved from glaze. Sprinkle mixture over both sides of ribs. Cover and let stand 45 minutes at room temperature. Prepare barbecue grill (medium-high heat). Combine coffee and vinegar in small bowl. Place ribs on grill and sear 5 minutes per side. Brush with some of the coffee-vinegar mixture. Cover with grill lid or heavy-duty foil. Cook until meat is almost tender, brushing occasionally, with coffee-vinegar mixture and turning occasionally, about 25 minutes. Brush some of glaze over ribs. Grill until meat is tender, about 5 minutes more. Arrange on platter. Serve with remaining glaze.



BARBECUED RIBS

Recipe Courtesy of Michel Nischan, Executive Chef Heartbeat Restaurant, NYC

HAM HOCK STOCK:

10 pounds smoked ham hocks
5 pounds fresh ham hocks

Place ham hocks in a stockpot large enough to hold them, leaving 4 inches of room at the top of the pot. Cover with cold water. Bring to a simmer over a medium flame. Skim all the foam off the top. Reduce heat to low and simmer, skimming occasionally for 8 to 10 hours. Strain the stock carefully, as the hock meat will be falling off the bone. Reserve the hock meat for other uses.

ASSORTED BARBECUED RIBS:

2 small slabs beef shortribs
 1 slab of pork spareribs
 1 to 2 slabs babyback ribs
 2 gallons of hot ham hock stock
 2 large onions, peeled and quartered
 2 roasted cinnamon sticks
 4 bulbs of split roasted garlic
 4 serrano peppers, split
 1 jalapeno pepper, split
 Salt and pepper to taste

Use a paring knife to peel the silver skin off the inside of the ribs. Bring the ham hock stock, the vegetables and the cinnamon sticks to a simmer over a medium low flame. Add the beef short ribs and simmer 20 minutes. Add the spareribs and babyback ribs, then simmer 45 minutes to 1 hour longer, or until the ribs are very tender. Carefully remove the ribs from the stock and season on both sides with salt and pepper while hot. Save the stock to reduce for barbecue sauce for other uses. When the ribs come to room temperature, brush with your favorite barbecue sauce. Refrigerate until barbecue time. Preheat oven to 400 degrees or fire up your charcoal grill. Cook the ribs, basting occasionally until the meat is hot and falling off the bone.

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MUSTARD BARBECUE SAUCE

Recipe Courtesy of Jack McDavid, Chef/Owner Jack's Firehouse, Philadelphia, PA

1/2 cup cider vinegar
 1/2 cup minced onion
 3 jalapeno peppers, minced
 1 cup yellow mustard
 1 cup deli mustard
 1 cup dark corn syrup
 1 ounce molasses
 Salt and cayenne pepper to taste

Mix the ingredients in a sauce pan and bring to a boil. Reduce the heat and simmer for 5 minutes. Cook on low heat until the onions are tender and the mixture thickens.

Yield: 5 cups

TERIYAKI WINGS

Recipe Courtesy of Cathy Lowe

1/2 stick of butter
2 pounds pre-cut chicken wings
Garlic salt
1 1/2 cups Teriyaki sauce
Blue cheese dressing
Pepper

Preheat oven to 400 degrees. Melt butter in a baking pan. Snip off wing tips and discard or save for another use. Find joint and cut wings in two. Season wings with garlic salt and pepper. Place in pan and bake until golden brown, about 30 - 40 minutes. Pour Teriyaki sauce over golden wings and toss to coat. Bake for 20 minutes more, turning frequently. Serve with blue cheese dressing on side.



Sorry.. I LOVE fried chicken even though I love the smell of grilling chicken. Grilling or baking is the healthiest of course...

ASIAN SPICED FRIED CHICKEN

5 pounds mixed chicken pieces. I prefer the legs and thighs
 3 cups buttermilk
 2 tablespoons sambal*
 3 cups all purpose flour
 1 cup cornmeal
 1 tablespoon coarse ground black pepper corn
 1 tablespoon coarse ground coriander
 1 tablespoon five spice
 1 tablespoon salt
 Salt to taste

In a large bowl, mix chicken with milk and sambal*. Let stand for 2 hours in the fridge. Mix the rest together. Pre-heat a fryer to 350 degrees. Pull out each piece of chicken and completely dredge in the flour mix. Fry 4 to 6 pieces at a time until GB&D. Check for doneness, will take about 8 minutes. Season lightly with salt.

Prep Time: 2 hours 0 minutes

Cooking Time: 3 hours 44 minutes

* sambal:

Singlong Sambal Dried Prawn

Ingredients: Green Chili, Dried Prawn, Sugar, Salt, Onion, Garlic, Cooking oil & Sodium Benzoate.



Heart Attack in a Bowl

By Walt Snyder

3-4 Breaded Chopped Veal

1 Condensed Can Cream of Onion Soup

1 Condensed Can Milk

Brown the veal

Mix Soup and Milk

Pour Mixed Soup on the Meat

Simmer 12-15 minutes

Enjoy



La Patties La Suar

By Clint Longnecker SR.

15# Hamburger

1 Head Garlic

1 Large White Onion

2 Diced Apples

3 Shaved Carrots

3 Eggs

Unspecified amount of Bread Crumbs

Make into thick patties and Broil

I assume these can be grilled too

Blooming Onion and Dipping Sauce

Submitted by: Jackie Smith

Dipping Sauce:

1/2 cup mayonnaise
1 tablespoon ketchup
2 tablespoons creamy-style horseradish
1/3 teaspoon paprika
1/4 teaspoon salt
1/8 teaspoon dried oregano
1 pinch ground black pepper
1/3 teaspoon cayenne pepper

Blooming Onion:

1 egg
1 cup milk
1 cup all-purpose flour
1 1/2 teaspoons salt
1 1/2 teaspoons cayenne pepper
1 teaspoon paprika
1/2 teaspoon ground black pepper
1/3 teaspoon dried oregano
1/8 teaspoon dried thyme
1/8 teaspoon ground cumin
1 large sweet onion
3/4 cup vegetable oil for frying

Directions

1 To make sauce: In a medium bowl, combine mayonnaise, ketchup, horseradish, 1/3 teaspoon paprika, 1/4 teaspoon salt, 1/8 teaspoon oregano, a dash ground black pepper and cayenne pepper; mix well. Keep sauce covered in refrigerator until needed.

2 To make the batter: In a medium bowl, beat egg and add milk. In a separate bowl, combine flour, salt, cayenne pepper, paprika, ground black pepper, oregano, thyme and cumin; mix.

3 To slice onion: slice 1 inch off of the top and bottom of the onion and remove the papery skin. Use a thin knife to cut a 1 inch diameter core out of the middle of the onion. Now use a very sharp, large knife to slice the onion several times down the center to create 'petals': First slice through the center of the onion to about three-fourths of the way down. Turn the onion 90 degrees and slice it again in an X across the first slice. Keep slicing the sections in half, very carefully until the onion has been cut 16 times. Do not cut down to the bottom of the onion. (The last 8 slices will be difficult, be careful).

4 Spread the 'petals' of the onion apart. To help keep them separate you could plunge the onion into boiling water for 1 minute and then into cold water.

5 Dip the onion into the milk mixture and then coat it liberally with the flour mixture. Again separate the petals and sprinkle the dry coating between them. Once you're sure the onion is well-coated, dip it back into the wet mixture and into the dry coating again. This double-dipping ensures you have a well-coated onion

because some of the coating will wash off when you fry the onion.

6 Heat oil in a deep fryer or deep pot to 350 degrees F (175 degrees C). Make sure you use enough oil to completely cover the onion when it fries.

7 Fry the onion right side up in the oil for 10 minutes or until it turns brown. When the onion has browned, remove it from the oil and let it drain on a rack or paper towels. Open the onion wider from the center so that you can put a small dish of the dipping sauce in the center.

Spring Festival Salad

Recipe courtesy Gourmet Magazine

1 pound freshly boiled beets, chopped

2 hard boiled eggs, chopped

1 carrot, thinly sliced

2 turnips, boiled and diced

1/3 cup lemon juice

1 tablespoon English mustard

1 clove garlic, minced

Salt and pepper, to taste

2/3 cup olive oil

1 bunch scallions, chopped

1 bunch fresh dill, chopped

1 bunch fresh parsley, chopped

Combine beets, eggs, carrot, and turnips in a bowl. In a separate bowl add lemon juice, mustard, garlic, salt and pepper and olive oil and whisk together. Add herbs to dressing and whisk again to combine. Toss dressing into beet mixture. Season with salt and pepper if more is needed.

Potato Chips

From BBQGUIDE'S Kitchen

2 pounds russet (baking) potatoes, scrubbed

PEANUT OIL!!!

Fine sea salt buy a grinder and sea salt nuggets for grinding!

Slice the potatoes about 1/16-inch thick with a mandolin-style vegetable slicer. Put the slices in tepid water, to cover, and soak for 30 minutes.

Fill a tall heavy-bottomed pot, like a stockpot, about a third full with the oil. (Don't over fill the pot with oil, since it bubbles up during frying.) Set a deep frying thermometer in the pot and heat the oil, over medium heat, to 360 degrees F.

Drain and spin the potatoes dry in a salad spinner. Paper towels or towels will work just fine but they must be dry or the oil will foam up with moisture and overflow possibly burning you and your cooking area! When ready to fry, raise the heat to high. Working in small batches, carefully add the potatoes to the hot oil and fry until golden brown, about 2 to 2 1/2 minutes. Lift the chips from the oil with a slotted spoon and transfer to a paper-towel covered baking sheet to drain. Season with the salt. Repeat with the remaining potatoes, taking care that the oil returns to 360 degrees F. before adding each batch. Serve warm or at room temperature. Salt them IMMEDIATELY after removing from the oil!

Second Section

Below you will find previous FRONT PAGE articles. In order to keep fresh and timely items of interest on the front page, all older posted text of interest will be posted here.

Summer 2001

I had a couple of people email questions and here are your answers. "**PULLED PORK**" could be a pork butt or shoulder roast shredded for sandwiches. You can reconstitute the meat by adding some spices and sauce in a sauce pan and boiling it a short time before serving on buns or whatever. Robert emails me to comment on this and writes " Being from eastern North Carolina, I just cannot agree with your definition of pulled pork. Here pulled pork means cooking the whole hog and pulling the pork off. If you just use shoulders, there is not much to pull". Well, you took me out of context but that's ok, To each his/her own! "PIT BEEF" would be a brisket served the same way. Use a pork shoulder or beef brisket for your shredding material and top with a splash of the rub you used. Note that a LOIN roast has little fat in it and will be like rubber if you try to slow cook it.

"**DRY BBQ**" would be smoking or grilling the meats without the sauce, which is Kansas City Style. "**MOP**" them with a apple/vinegar juice mix to keep them moist. Many families have at least one member that doesn't like sauce at all, so DRY Queuing is perfect. The most important part for the DRY style is the RUB. Of course you can cook the ribs BOTH ways at the same time. If you invite me over, please have a bowl of sauce with a straw at my setting.

My **TIP OF THE DAY** is: Buy a box of KOSHER SALT to cook with. It doesn't have that metallic taste Iodized Salt does and you can put it in your pepper mill (after you remove the pepper) to grind it fine for seasoning.

New for Summer 2001: [CLICK HERE!](#)

[CLICK HERE FOR THE MAIN PAGE](#)

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Apple-Glazed Barbecued Chicken

- 1 can (6 ounce) frozen apple juice concentrate, thawed
- 1/4 cup reduced-sodium ketchup
- 2 tablespoons packed brown sugar
- 1 tablespoon cider vinegar
- 1 teaspoon dried thyme
- 1/8 teaspoon hot-pepper sauce
- 6 boneless, skinless chicken breast halves (4 ounces each)

In a small saucepan, combine the apple juice concentrate, ketchup, brown sugar, vinegar, thyme and hot- pepper sauce. Cook, stirring, over medium heat until the sugar completely dissolves. Remove from the heat and cool to room temperature. Place the chicken in a single layer in a 13-by-9-inch baking pan. Pour about half of the cooled ketchup mixture over the chicken, turning once to coat both sides. Cover and refrigerate both the chicken and the remaining ketchup mixture for 4 to 24 hours. Coat a grill rack with nonstick spray.

Then light the grill according the manufacturer's directions. Check the temperature for grilling; the temperature should be medium-hot (see the Test Kitchen Tip below). Place the rack on the grill. Remove the chicken from the ketchup mixture; discard whatever ketchup mixture remains in the baking pan. Coat the chicken pieces with nonstick spray and brush them with some of the remaining ketchup mixture. Place the chicken on the rack and grill, uncovered, for 8 minutes. Turn the chicken over and brush with the remaining ketchup mixture. Grill for 7 to 10 minutes, or until the chicken is tender and cooked through. Discard any remaining ketchup mixture.

Preparation time: Not Available

Serves 6



Coffee Glazed Campfire Spareribs

Servings: 8

Ingredients:

Spareribs:

- 1 Tbsp salt
- 1 Tbsp coarsely ground pepper
- 1 tsp sugar
- 1 tsp cinnamon
- 1 tsp ground allspice
- 3 pork sparerib racks, cut into 3-rib sections
- 2 cups freshly brewed coffee
- 2/3 cup cider vinegar

Glaze:

- 3 Tbsp ground chicory
- 6 Tbsp corn oil
- 1 lrg onion, minced
- 2 garlic cloves, pressed
- 2 Tbsp chili powder
- 1 Tbsp brown sugar
- 1/2 tsp cinnamon
- 1/2 tsp ground allspice
- 1/2 tsp ground ginger
- 1 1/2 cups chili sauce, bottled
- 1 cup freshly brewed coffee
- 1/3 cup unsulfured light molasses
- 3 Tbsp Worcestershire sauce
- 1/2 tsp liquid smoke flavoring
- salt

For the glaze:

Grind chicory to powder in processor. Heat oil in heavy large saucepan over medium-high heat. Add onion. Saute until palely golden, about 5 minutes. Add garlic. Saute 2 minutes more. Add 1/3 of the chicory (reserve the remainder for ribs), chili powder, sugar, cinnamon, allspice and ginger. Cook 3 minutes to blend flavors, stirring occasionally. Add chili sauce, coffee, molasses, Worcestershire and liquid smoke. Cook mixture over medium-low heat until thick and glossy, stirring occasionally, about 30 minutes. Season with salt.

Glaze can be prepared one day ahead. Cover tightly and refrigerate. Before using, stir over low heat until heated through.

For ribs:

Combine first 5 ingredients in small bowl. Mix in chicory reserved from

glaze. Sprinkle mixture over both sides of ribs. Cover and let stand 45 minutes at room temperature. Prepare barbecue grill (medium-high heat). Combine coffee and vinegar in small bowl. Place ribs on grill and sear 5 minutes per side. Brush with some of the coffee-vinegar mixture. Cover with grill lid or heavy-duty foil. Cook until meat is almost tender, brushing occasionally, with coffee-vinegar mixture and turning occasionally, about 25 minutes. Brush some of glaze over ribs. Grill until meat is tender, about 5 minutes more. Arrange on platter. Serve with remaining glaze.

BARBECUED RIBS

Recipe Courtesy of Michel Nischan, Executive Chef Heartbeat Restaurant, NYC

HAM HOCK STOCK:

10 pounds smoked ham hocks

5 pounds fresh ham hocks

Place ham hocks in a stockpot large enough to hold them, leaving 4 inches of room at the top of the pot. Cover with cold water. Bring to a simmer over a medium flame. Skim all the foam off the top. Reduce heat to low and simmer, skimming occasionally for 8 to 10 hours. Strain the stock carefully, as the hock meat will be falling off the bone. Reserve the hock meat for other uses.

ASSORTED BARBECUED RIBS:

2 small slabs beef shortribs

1 slab of pork spareribs

1 to 2 slabs babyback ribs

2 gallons of hot ham hock stock

2 large onions, peeled and quartered

2 roasted cinnamon sticks

4 bulbs of split roasted garlic

4 serrano peppers, split

1 jalapeno pepper, split

Salt and pepper to taste

Use a paring knife to peel the silver skin off the inside of the ribs. Bring the ham hock stock, the vegetables and the cinnamon sticks to a simmer over a medium low flame. Add the beef short ribs and simmer 20 minutes. Add the spareribs and babyback ribs, then simmer 45 minutes to 1 hour longer, or until the ribs are very tender. Carefully remove the ribs from the stock and season on both sides with salt and pepper while hot. Save the stock to reduce for barbecue sauce for other uses. When the ribs come to room temperature, brush with your favorite barbecue sauce. Refrigerate until barbecue time. Preheat oven to 400 degrees or fire up your charcoal grill. Cook the ribs, basting occasionally until the meat is hot and falling off the bone.

=====

MUSTARD BARBECUE SAUCE

Recipe Courtesy of Jack McDavid, Chef/Owner Jack's Firehouse, Philadelphia, PA

1/2 cup cider vinegar

1/2 cup minced onion

3 jalapeno peppers, minced

1 cup yellow mustard

1 cup deli mustard

1 cup dark corn syrup

1 ounce molasses

Salt and cayenne pepper to taste

Mix the ingredients in a sauce pan and bring to a boil. Reduce the heat and simmer for 5 minutes. Cook on low heat until the onions are tender and the mixture thickens.

Yield: 5 cups



TERIYAKI WINGS

Recipe Courtesy of Cathy Lowe

1/2 stick of butter

2 pounds pre-cut chicken wings

Garlic salt

1 1/2 cups Teriyaki sauce

Blue cheese dressing

Pepper

Preheat oven to 400 degrees. Melt butter in a baking pan. Snip off wing tips and discard or save for another use. Find joint and cut wings in two. Season wings with garlic salt and pepper. Place in pan and bake until golden brown, about 30 - 40 minutes. Pour Teriyaki sauce over golden wings and toss to coat. Bake for 20 minutes more, turning frequently. Serve with blue cheese dressing on side.



Sorry.. I LOVE fried chicken even though I love the smell of grilling chicken. Grilling or baking is the healthiest of course...

ASIAN SPICED FRIED CHICKEN

5 pounds mixed chicken pieces. I prefer the legs and thighs

3 cups buttermilk

2 tablespoons sambal*

3 cups all purpose flour

1 cup cornmeal

1 tablespoon coarse ground black pepper

1 tablespoon coarse ground coriander

1 tablespoon five spice
1 tablespoon salt
Salt to taste

In a large bowl, mix chicken with milk and sambal*. Let stand for 2 hours in the fridge. Mix the rest together. Pre-heat a fryer to 350 degrees. Pull out each piece of chicken and completely dredge in the flour mix. Fry 4 to 6 pieces at a time until GB&D. Check for doneness, will take about 8 minutes. Season lightly with salt.

Prep Time: 2 hours 0 minutes

Cooking Time: 3 hours 44 minutes

* sambal:

Singlong Sambal Dried Prawn

Ingredients: Green Chilli, Dried Prawn, Sugar, Salt, Onion, Garlic, Cooking oil & Sodium Benzoate.

Barbecue Awards



The following list are sites reviewed by me and found useful because of their content and design. If you have a site to suggest, please ADD THE LINK on my main page and I will review it. Congrats to the winners!

NONE YET!

Deviled Eggs Marzetti Style

12 eggs, hard-boiled and shelled

1/2 cup Marzetti Original Slaw Dressing

3 tbsp. Classic Yellow Mustard

Salt and Pepper to taste

Paprika, parsley or ground pepper

Cool eggs and slice in half. Remove yolks and put in a bowl; set whites aside. Add the remaining ingredients to the yolks. Mix until smooth. Salt and pepper to taste. Fill the egg white halves with the yolk mixture. Sprinkle with paprika, parsley or ground pepper.

Prep Time: 20 min Cook Time 15 min.

Makes 6 servings.

BBQGuides notes: Don't make the mixture runny by following this recipe EXACTLY. Start with a lesser amount of Slaw and Mustard. Of course you can do it all to taste but there is nothing like Marzetti's Slaw Dressing.

BRAISED BBQ SHORT RIBS

7 to 9 sections of cross cut (flanken style) BEEF SHORT RIBS

Let ribs come to room temperature. Lightly coat Dutch oven with your favorite cooking oil. You can use your cast iron fry pan for this too. I use Spice Island Hickory Smoke Salt sprinkled into the smoking pan just before I drop the ribs in. brown all sides to your taste.

Slow cook these for 4 to 6 hours on slow/low after you add your favorite BBQ sauce, a large splash of Liquid Smoke to the pot. When done, the bones will be falling off the meat and you will be salivating just looking at them.

Another option is to GRILL these ribs on medium indirect heat, turning frequently and basting with sauce to get a crusty, sticky and yummy coating. You can pre-soak hickory chips and or use a smoker box inside the grill to add flavor.

Of course you can marinade these overnight like most other meats in your favorite mix/rub.

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Packo's Favorite Walleye Recipe

- ✳ One walleye, 3- to 4- pounds
- ✳ 6 oz. smoked bacon strips
- ✳ salt
- ✳ 1/4 pound butter, clarified
- ✳ 1 small onion, minced
- ✳ 1 cup sour cream
- ✳ 1/2 cup heavy cream
- ✳ 1 teaspoon paprika
- ✳ 1 tablespoon flour

Scale, gut then wash the fish.

Make incisions in both sides of the fish and lard it with smoked bacon strips. Make four or five incisions across the back of the fish to allow for stretching while baking. Salt inside and outside. Place fish in casserole with three-quarters of the butter.

Bake in 400 degree F oven for 10 to 15 minutes. Remove fish from pan and keep hot.

Add onion to the butter in a pan and slowly wilt it on top of the stove. Mix in sour cream and heavy cream. Bring to a slow simmer and add paprika.

Mix flour with remaining butter and add to the simmering cream, whipping it rapidly. The sauce should be thickened in a few minutes. If too thick, add additional heavy cream. If not thick enough, add additional flour and butter mixture. Strain the sauce and serve in a sauce boat.

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The Meat Smoking and Curing FAQ

Meat Curing and Smoking FREQUENTLY ASKED QUESTIONS (FAQ) in the group [rec.food.preserving](#)

This file is a compilation of shared knowledge and answers to frequently asked questions of the group [rec.food.preserving](#). As such, this file is updated. Be a contributor--point out mistakes, write sections and reviews, provide us with new sources. All contributors will be cited in this file.

Contributors (in alphabetical order): Michael Kankiewicz, Rick Logan, Richard Thead

Last Updated: 18 January, 1999

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CHARTER

[Rec.food.preserving](#) is a newsgroup devoted to the discussion of recipes, equipment, and techniques of food preservation. Current food preservation techniques that rightly should be discussed in this forum include canning, freezing, dehydration, pickling, smoking, salting, distilling, and potting. Foodstuffs are defined as produce (both fruits and vegetables), meat, fish, dairy products, culinary and medicinal herbs. Discussions should be limited to home-grown or home-preserved foods.

Related information may be found at: [Rick's BBQ Home Page](#)

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I. Curing

[Why is meat cured?]

For a couple of reasons. One is safety. When meat is cold smoked its temperature often stays in the danger zone for several hours or days. Many environmental factors of this treatment are such that the growth of dangerous bacteria is greatly accelerated. The curing of the meat inhibits this growth.

The other reason is traditional preparation. There are many curing techniques that were developed in the days before refrigeration that are continued today for traditional reasons. A good example is corned beef.

Oldtime butcher shops closed every weekend. Ice, the only refrigerant available, could not dependably hold fresh meat for two days. To keep unsold meat from going to waste, the butcher soaked the meat in a strong brine or covered it with coarse salt to trigger osmosis. The grains of salt were called "corn" in England, and the name "corned beef" stuck with the product. [1]

-- Contribution from rlogan@ianet.net --

Meat is cured for one other reason, color. Using prague powder is what gives meat its pink color.

--

[What is osmosis?]

Osmosis is the movement of water across a membrane from weak solutions toward strong solutions. [1]

[What is meant by "the danger zone"?)

The "danger zone" is the temperature range between 40 and 140 degrees F. When uncured meat remains in this range for more than 2 hours the growth of dangerous bacteria increases to a dangerous level.

[What other factors affect the growth of bacteria?]

When meat is smoked, the environment is robbed of most of its oxygen. If this is combined with temperatures in the danger zone, the growth of the bacteria that causes botulism is increased.

[What is botulism?]

Botulism is an intoxication of the bacteria *Clostridium botulinum*. This bacteria is anaerobic meaning that it requires an environment relatively free of oxygen to multiply. It also requires a moist environment and temperatures in the danger zone. The symptoms of botulism are sore throat, vomiting, blurred vision, cramps, diarrhea, difficulty breathing, and central nervous system damage (including paralysis). Symptoms usually occur within 12 to 36 hours. The fatality rate is up to 70%. [2]

[What are the commonly used curing compounds?]

Salt, sugar, sodium nitrite and sodium nitrate. Salt and sugar both cure meat by osmosis. In addition to drawing the water from the food, they dehydrate and kill the bacteria that make food spoil. In general, though, use of the word "cure" refers to processing the meat with either sodium nitrite or sodium nitrate.

Sodium nitrite and sodium nitrate are the basis for two commercially used products: Prague powders #1 and #2. Prague powder #1 is a mixture of 1 part sodium nitrite and 16 parts salt. The chemicals are combined and crystallized to assure even distribution. Even though diluted, only 4 ounces of Prague powder #1 is required to cure 100 lbs of meat. A more typical measurement for home use is 1 tsp per 5 lbs of meat. Prague powder #2 is a mixture of 1 part sodium nitrite, .64 parts sodium nitrate and 16 parts salt. It is primarily used in dry-curing.

One other commonly available curing product is Morton's Tender Quick. It is a mixture of salt, sodium nitrite, sodium nitrate and sugar. Ask your butcher or grocer to stock it for you.

[Why use soy protein concentrate?]

Soy protein concentrate is used to bind together sausages and slow the loss of fat and moisture during smoking. This is extremely important to ensure that the final product is not dry and crumbly inside the casing.

[Where can these compounds be obtained?]

If you are chummy with a local butcher who does curing, maybe (s)he will sell you a small quantity. Otherwise, the Sausage Maker offers all items mentioned here and elsewhere in this FAQ mail order. See the books section for a phone number where you can obtain a catalog.

[What is spray pumping?]

It is the process of injecting the meat with cure using a special purpose needle.

[What's trichinosis?]

It is an infestation of trichinae. The parasites invade the voluntary muscles causing severe pain and edema. It can be avoided by ensuring that cooked pork reaches an internal temperature of

150 degrees F.

[If my cured pork doesn't reach a safe temperature, what about trichinosis?]

Trichinae can also be killed by freezing the pork according to the following chart:

Temperature	Grp1-days	Grp2-days
-------------	-----------	-----------

5 deg F	20	30
---------	----	----

-10 deg F	10	20
-----------	----	----

-20 deg F	6	12
-----------	---	----

Group 1 comprises product in separate pieces not exceeding 6" in thickness or arranged on separate racks with the layers not exceeding 6" in depth.

Group 2 comprises product in pieces, layers or within containers the thickness of which exceeds 6" but not 27". [3]

[What about dry-curing sausages and meats?]

I'll leave this topic open for someone with real experience. The dry climate in Tucson makes it difficult to maintain the ideal 70% relative humidity required for dry-curing so I've never even tried.

II. Smoking

[What is the difference between smoke cooking and curing?]

Pretty simple; Smoke cooking is done at higher temperatures in order to cook the meat. Smoke curing is really just smoking cured meat or sausage. Although smoking meat does provide

some preservative effect, it alone is not sufficient to allow long term storage.

"Smoke is a very complex material, with upward of 200 components that include alcohols, acids, phenolic compounds, and various toxic, sometimes carcinogenic substances. The toxic substances inhibit the growth of microbes, and the phenolics retard fat oxidation, and the whole complex imparts the characteristic flavor of burning wood to the meat." [4]

[What are the proper temperatures for smoke cooking meat?]

I prefer to keep the temperature around 200-220F. This means the temperature *at* the meat. I use a large log burning smoking pit with an offset firebox so it's easy to maintain this. In an upright water smoker you will have trouble keeping the temperature this low, since the heat builds up at the top where the meat is. You can achieve decent results with a water smoker, but the cooking time will be shorter and the depth of smoke penetration will be less. My briskets and pork shoulders smoke for 16-24 hours; pork ribs and pork loin roasts take less time.

[How important is temperature control during smoke curing?]

Very. If you are smoking sausages, excess heat will melt the fat out and leave the final product dry and crumbly. This I know from experience. Here, we're talking about temperatures around 140F, although it varies from recipe to recipe. This is very difficult to maintain in a wood burning smoker. Mine has a slow smoking section farthest away from the fire. With experience, I've learned to control the temperature in this section without overdamping the air inlet. Some other meats, like bacon and ham, are a little more tolerant of higher heat, but it can affect the quality of the final product.

The best solution is a thermostat controlled gas or electric slow smoker like those sold by the Sausage Maker (see sources). These are not good general purpose smokers, in my opinion. I just don't think they do nearly as well as a log burning pit for smoke cooking.

Unfortunately for the many water smoker owners, they just won't do for slow smoking--don't even bother trying.

[Is closing down the air inlet dampers a good way to keep the temperature down?]

If you keep the temperature low by closing down the inlet dampers, the smoke gets thick and sooty and produces an unattractive and bitter coating on the surface of the meat. I prefer to keep the fire burning more freely and control the temperature by providing some draft between the fire and the meat.

[What are the various woods used for smoking?]

Alder

The traditional wood for smoking salmon in the Pacific Northwest, alder also works well with other fish. It has a light delicate flavor.

Apple and Cherry

Both woods produce a slightly sweet, fruity smoke that's mild enough for chicken or turkey, but capable of flavoring a ham.

Hickory

Hickory is the king of the woods in the Southern barbeque belt, as basic to the region's cooking as cornbread. The strong, hearty taste is perfect for pork shoulder and ribs, but it also enhances any red meat or poultry.

Maple

Mildly smoky and sweet, maple mates well with poultry, ham, and vegetables.

Mesquite

The mystique wood of the past decade, mesquite is also America's most misunderstood wood. It's great for grilling because it burns very hot, but below average for barbecuing for the same reason. Also, the smoke taste turns from tangy to bitter over an extended cooking time. Few serious pitmasters use mesquite, despite a lot of stories about its prevalence in the Southwest.

Oak

If hickory is the king of barbecue woods, oak is the queen. Assertive but always pleasant, it's the most versatile of

hardwoods, blending well with a wide range of flavors. What it does to beef is probably against the law in some states.

Pecan

The choice of many professional chefs, pecan burns cool and offers a subtle richness of character. Some people call it a mellow version of hickory. [5]

[Rick, do you have any politically incorrect views about smoke cooking that you enjoy getting flamed about?]

Don't get me started.

III. Specific Foods

[Can I make a Smithfield Ham at Home?]

These are unique since the hams come from only peanut-fed hogs. They are worked with cure for 30-45 days. Then they are smoked for at least 7 days and left in the smokehouse for another 6 months. "The Smithfield ham or a reasonable facsimile is rather difficult to produce unless you have a steady supply of peanuts and a huge smokehouse 3-4 stories high." [3]

[How do I make my own bacon at home?]

New! Pictures of the bacon making process

It is my experience that bacon is the easiest slow smoked product to produce at home and the results are as good as, or better than, the best commercially produced bacon.

I use Morton Tender Quick and brown sugar. Rub down a slab of fresh bacon (pork belly) with a liberal quantity of the Tender Quick. You can't really use too much but a cup or so should do. Then follow with a thorough rub of brown sugar (again, start with a cup or so). Then place the

meat in heavy plastic and allow to cure for 7 days at 38F. I use a small refrigerator for this. I run a remote temperature probe inside and monitor the temperature, tweaking the thermostat when necessary. The temperature is important; too low (below 36F) and the curing action will cease, too high (above 40F) and the meat will begin to spoil. I also cut the pork belly in two and cure it with the meat surfaces face to face and the skin on the outside. It helps it fit in the fridge and improves the curing action. I then smoke it at 140-150F until the internal temperature of the pork reaches 128F (about 8 to 10 hours). I find it best to remove the skin about 3/4 of the way through the smoking process. This way the fat is protected but still acquires some color. Chill overnight before using. Slice into approximately 3/16" thick and fry as usual.

If you are using Prague Powder #1, mix 2 oz with 1 lb of salt and use like the Tender Quick.

Other sugars can be used instead of brown sugar. Try honey or even some maple syrup.

[How do I make my own corned beef?]

For best results, use trimmed briskets.

Start with a curing brine. This recipe comes from [3] and makes enough for 25 lbs of meat.

5 quarts ice water (about 38-40F)
8 oz. salt
3 oz. Prague Powder #1
3 oz. powdered dextrose

Spray pump the briskets to about 12-15% of their original weight. After pumping, the briskets are packed in a vat, and sprinkled with whole pickling spice. If more than one brisket is done at a time, pack them flesh to flesh with the fat sides out. Add enough brine to cover and allow to cure for 3-4 days at 38-40F. The meat is then ready to use (but still requires cooking).

[What is pastrami and how do I make my own?]

For best results, use trimmed briskets.

Start with a curing brine. This recipe comes from [3] and makes enough for 25 lbs of meat.

5 quarts ice water (about 38-40F)
8 oz. salt
5 oz. Prague Powder #1
5 oz. powdered dextrose
1 Tbl garlic juice

Prepare and cure as for corned beef. After curing, remove from brine and rub liberally with cracked black pepper and coriander seeds. Smoke at 140F until the meat is dry and then increase smoker temperature to 200-220F and hold until internal temperature of meat reaches 170-180F. Chill overnight before using. This meat is fully cooked.

[How do I make my own andouille sausage?]

Andouille is a spicy smoked sausage common in Louisiana cooking. It is easy to make at home. This recipe is based on one from [6] with minor modifications, most notably the addition of the soy protein concentrate.

2 tsp garlic powder 2 Tbl sugar
2 Tbl kosher salt 1 tsp Prague powder #1
1 Tbl ground black pepper 5 lbs pork, fat and lean separated
1 tsp red pepper flakes 3/4 cup cold water
2 tsp cayenne 1/2 cup soy protein concentrate
3 Tbl paprika (see sources)
1/2 tsp ground mace wide hog casings
1 tsp thyme

Grind the fat through a 1/4 inch plate. Grind lean meat through 1/2 inch plate. Dissolve Prague powder in water to ensure even distribution. Mix all ingredients, except casings, well. Stuff into casings and twist at 12 inch intervals to form links. Hang sausages in front of a fan in a cool place overnight to dry. Smoke at less than 140F for 6 to 8 hours. Refrigerate until firm. Freezes well.

[How do I make beef jerky?]

There are a jillion recipes for jerky--just take a look in the recipe archives. I prefer a teriyaki-based marinade (use 1/2 tsp of Prague Powder #1 or 1 tsp of Tender Quick for safety) with

other spices, lightly smoked. Experiment with your own combinations of spices and find something you like. I like to avoid fresh ingredients like garlic preferring to use powder instead. Also try various combinations of black, white and red pepper (cayenne) to suit your tastes.

[How do I make smoked salmon?]

(From [3]) Start with boneless sides (filets) of fresh salmon.

Place the sides in a tub of saturated salt solution and add ice to chill. This removes diffused blood, makes the flesh firmer and helps retain oils. The fish should remain in this brine for 60-90 minutes.

The sides should be drained for 15-20 minutes. A shallow vessel is filled with a salting mixture prepared as follows (for 20 lbs of fish):

- 2 lbs salt
- 1 oz brown sugar
- 1 oz Prague Powder #1
- 1 oz white pepper
- 1 oz ground bay leaves
- 1 oz ground allspice
- 1 oz ground cloves
- 1 oz ground mace

Dredge the sides in the mixture and rub it into the flesh lightly. Pack the sides into a tub with as much curing mixture as will cling to them. cover loosely and apply weight. Leave fish for 8 to 12 hours then remove and scrub and rinse to remove excess salting mixture. Fix sides on a hanger and allow to dry in front of a fan for 4 to 6 hours. Hang in smoker and smoke for 8 hours at not more than 100F. Continue to smoke for 24 to 48 hours at 70F. Brush with oil and store in a cool, dry place.

IV. Other Sources (besides this FAQ)

[This FAQ does not tell me what I need to know!]

Please put the question to the group, rec.food.preserving. Or...

BOOKS:

Great Sausage Recipes and Meat Curing (1984). Rytek Kutas. Self published. Can be obtained from the author at The Sausage Maker Inc./ 26 Military Road/ Buffalo NY 14207. (888)-490-8525.

The bible of sausage making, meat curing and slow smoking. This is the first book I pick up when I need a question answered.

Michael Kankiewicz contributed the following:

A funny anecdote about The Sausage Maker: On the inside cover there's a short humorous biography of each of the brothers. They're a bunch of good 'ol Buffalo Polish guys. The paragraph about Ben Kutas says something like "...and when he's not packing sausage, he spends his spare time as a as a radiologist."

I always thought it was a joke. Then one day, when I was looking through our university's directory, I came across Ben Kutas, Professor Emeritus, Radiology.

MK

Hot Links and Country Flavors (1990). Bruce Aidells and Denis Kelly. Knopf. ISBN: 0-394-57430-3.

This book is great. It contains about 60 recipes for sausages, divided by region. It also contains about 200 recipes using the sausages you make. The andouille hash is one of my favorites.

V. References

[1] Food Science--Osmosis, Rita Sorci Planey, "Fine Cooking", Aug/Sep 1994, pp12,13

[2] The New Professional Chef (1991). The Culinary Institute of

America.

[3] Great Sausage Recipes and Meat Curing (1984), Ryttek Kutas.

[4] On Food and Cooking (1984), Harold McGee.

[5] Smoke and Spice (1994), Jamison and Jamison.

[6] Hot Links and Country Flavors (1990). Bruce Aidells and Denis Kelly.

Please direct questions, comments, criticisms, and contributions to:

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Last Updated: 18 January, 1999

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[HOME](#)

To: Michael Harmon , 70662,1007 From: John Gomes, 73562,2720 Date: 11/21/95, 8:45 PM
Re: OutdoorCook in the Artic

Not much of a secret.

I do spare ribs and use a dry rub preparation which comes out of cooks magazine and I believe also available out of the library. (Overton would know where it was exactly) This is applied approx. 3 hours before they go on the grill.

Use indirect heat on the Weber, 225 degrees for approx. 4 hours. Mesquite chips for the smoke and a pan of H2O for moisture.

Roughly 10 in. before the end of the cook cycle I dab on a little of the Weber BBQ sauce.

When they come off the grill they are wrapped in heavy duty foil and then placed into a regular old brown paper bag and the end is stapled shut.

This then goes into an oven, set on 210 degrees and left there for 1 hour.

The above is served with coleslaw and corn on the cob - along with several margaritas.....need I say more.

Must admit I am just now getting into the cooking habit and all I have learned has come from this forum. I use their basic knowledge, and just go out and practice.

All my success is attributed to those kinds folks here on the forum.

Have a nice day, and if you have any more questions, I will try to answer them.

BTW - prime rib is on the menu for T-Day.

john

Grilling Times

Selected Meat:	Grilling Time	Cook Until:
Whole Chicken (about 3 1/2 lbs)	About 1 hr over indirect heat.	Juices run clear when skin between thigh and body is pierced.
Boneless Chicken Breast Halves	About 10-18 min.	No pink remains when you cut into breast.
Chicken Leg/Thigh Combinations	About 45 min	Juices run clear and meat looks brown (except right next to bone, where it may be a little pink.)
Chicken Wings	About 25-35 min.	Meat is white; juices run clear.
Whole Turkey Breast (boneless)	About 25-30 min.	Meat is white and no trace of pink remains.
Sliced Turkey Breast (1/2" thick)	About 5 min.	Meat is white and no pink remains.
Boneless Pork Chops (1/4"-1/2" thick)	10-14 min.	No trace of pink remains.
Pork Loin Chops (1/2" thick)	8-11 min.	Tender and no longer pink.
Pork Spare Ribs (3 lbs, separated into ribs) Boil briefly (10 min.) to remove fat, or partially precook in the microwave for 5 min on high, then 30 min on medium.	About 25-30 min.	Meat is fork-tender.
Pork Tenderloin (3/4 lb)	About 20-25 min.	Meat reaches 155-160F. on meat thermometer.
Ham Steaks (1/2" thick)	About 5-7 min per side.	Meat is heated through.
Leg of Lamb (6 lbs.)	45-60 min.	Meat thermometer reads: 130-140F for rare 145F for medium 160F for well-done.
Lamb Chops (1/2" thick)	8-12 min.	Meat loses shiny red center and is cooked to desired shade of pink or brown.
Fish Steaks or Fillets	3-8 min per side, depending on thickness, or about 10 min per inch thick	Flesh just flakes easily with fork and is opaque instead of translucent.



Before grilling over charcoal, allow the coals to form a thin white ash appearance. Grate should be positioned 3-5" above the coals.

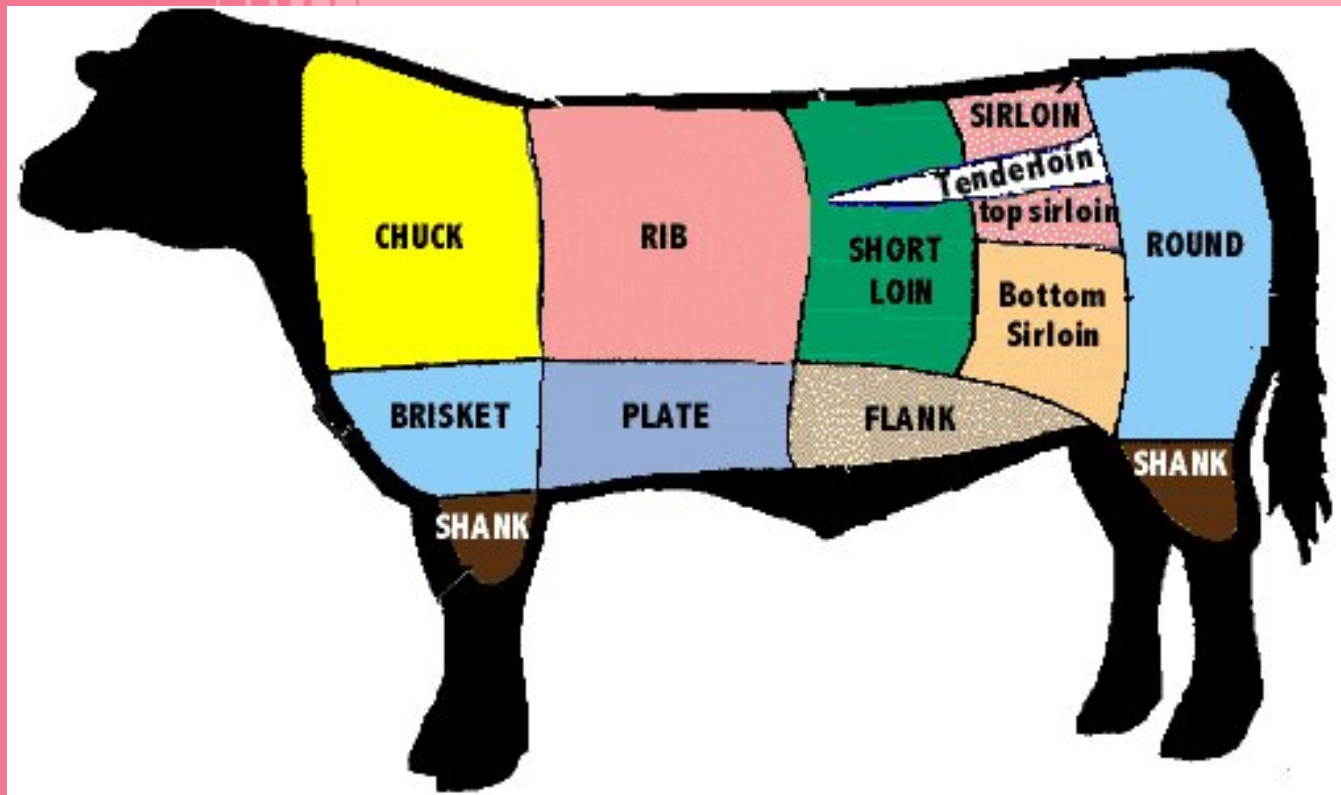


Direct Method: Cook food directly over the coals. Use this method for thinner pieces of meat, poultry or fish.



Indirect Method: Cook food on opposite side of coals. This is a slower cooking method for larger pieces of meat and poultry. This method reduces flare-ups.

YOU ASKED FOR IT!



BRISKET

Whole Brisket
Brisket, Point half, Corned
Brisket, Flat Half

CHUCK

Chuck Eye Roast, Boneless
Top Blade Steak, Boneless
Arm Pot Roast
Shoulder Opt Roast, Boneless
Mock Tender Roast
Blade Roast
Under Blade Pot Roast
7-Bone Pot Roast
Short Ribs
Flanken-Style Ribs
Cross Rib Pot Roast

ROUND *

Round Steak
Top Round Roast
Top Round Steak
Bottom Round Roast
Tip Roast Cap Off
Eye Round Roast
Tip Steak
Boneless Rump Roast

SHANK

Shank Cross Cut

SHORT LOIN *

Top Loin Steak, Boneless
T-Bone Steak
Porterhouse Steak

FLANK *

Flank Steak
Flank Steak Rolls

PLATE

Skirt Steak

RIB

Rib Roast, Large End
Rib Roast, Small End
Rib Steak, Small End
Rib Eye Steak
Rib Eye Roast
Back Ribs

Tenderloin Roast/Steak

SIRLOIN *

Top Sirloin Steak
Sirloin Steak
Tenderloin Roast/Steak
Beef Tri-Tip

The tri-tip roast is a boneless cut from the bottom sirloin. It is also called a "Triangle" roast because of its shape.



KANSAS CITY BARBECUE

Recipe courtesy Lynn and Richard Kancel

BARBECUE RUB:

2 cups sugar
1/4 cup paprika
2 teaspoons chili seasoning
1/2 teaspoon cayenne pepper
1/2 cup salt
2 teaspoon black pepper
1 teaspoon garlic powder

Combine all ingredients in shaker and use as “rub” on the following meats.

BABY BACK RIBS:

1 rack Baby Back Ribs
Barbecue Rub
Apple juice in a spritzer
2 cups BBQ sauce, your favorite

Peel membrane off the back of each slab. Then rinse the slab off to get rid of bone dust. Dry with cotton towel. Take shaker of “rub” and lightly coat both sides of meat.

Preparing smoker: Put charcoal in chimney with paper underneath and light. (Do not use charcoal lighter—it will taint the flavor of the meat.) Let coals get hot, about 30 minutes. Transfer coals into smoker, and add 1 hickory log per hour on top of charcoal if smoker is big. (Adjust if using small smoker.) Wait until temperature of smoker reaches 220 degrees. Leave damper open so you don’t trap stale smoke in chamber. Over course of cooking, maintain heat with additional coal and wood, as needed. After placing ribs inside smoker, spritz with apple juice once an hour. After about 3 hours, when meat is nice dark color, spritz one last time and wrap in foil. Let ribs cook in foil for another 2 hours, giving you a total cook time of 5 hours. You can feel when the ribs are tender rather than rubbery (they bend rather than bounce back). Unwrap them (carefully), lift them out of juice and place on cutting board, brush on room temperature BBQ Sauce. Slice into individual ribs and serve.

Prep Time: 15 minutes

Cooking Time: 5 hours 0 minutes

Forum: Cooks Online Section: Outdoor Cooking Subj: More Rib Questions ...

To : Thomas Leathley, 73047,1765 5/5/96 3:58 PM From : Bill Burke, 73523,320 #676605

Ribs... Ah... Nothing like em...

I missed your initial thread, but here's something you might try. I'm use to smoking on a NewBraunfields smoker, but having just moved to Dallas and living in a RV, I've also done the same thing on a small weber.

Here goes...

First, find a dry rub you like, and after letting the ribs (Memphis Style or baby back ribs only.) warm to room temperature, rub the mixture into the ribs well and allow to marinate for an hour or so at room temperature in a covered container.

Next, start the weber using the indirect cooking method (coals off to the sides), let the weber warm up to about 250 F. Don't use too many coals or you will over cook the ribs quickly making them very dry. If you don't have an accurate thermometer on your grill, a candy thermometer inserted through a small hole drilled in the lid will give you a very accurate measure of the inside temp.

Below the ribs, place an aluminum pan of water to keep moisture in the kettle and place the ribs in rib racks to allow the heat to circulate evenly. Allow the temperature in the kettle to drop to 200F and adding a few smoking chips of your choice maintain the temperature for 5 to 6 hours. Keep an additional supply of hot coals available outside of the weber to add as needed. Never add cold coals to the smoker. After about 2 hours into the 5-6 hours, wrap the ribs in aluminum foil and continue cooking for another 3 hours or so. Near the end of the cooking time, unwrap one of the rib packs and check to see if the meat has pulled back from the end of the rib bone 1/2" or so. If it has, unwrap the ribs and allow to "grill" adding sauce if desired for another 15 minutes or so. The trick is to cook the ribs low and slow allowing the moisture of the cooking ribs to both tenderize, marinate and steam the ribs. I generally, cook at about 180- 190F on my NewBraunfields, but the weber is harder to control the heat on. Use the bottom dampers and the kettle flue and you should be able to manage 200 +/- easily. Any hotter than this will overcook the ribs making them tough. These ribs will fall off the bone, have no fat left on them and make your guests grin.

Enjoy... Bill Burke Warping with GoldenCommPass

To : Seamus Killen, 106274,1356 11/16/96 2:13 PM From : Linda Tomasini, 75000,2474 #722327

>> Please could someone send me some good ways to cook sirloin steak. <<

Here is a recipe I have in my database. I am sure I got this recipe from this forum. There are also some instructions on cooking steak. Remember to have your frying pan hot, then add your oil and then the steaks. Do not move the steaks until it is time to turn them (this allows a flavorful crust to form on them). Do not overcrowd your frying pan (the steaks will steam in their own juices if they are crowded and will become tough). Green peppercorns can be found in small cans at your grocery store. You can use beef stock if you don't have veal. The watercress is, of course, optional.

* Exported from MasterCook *

Sirloin Steaks with Green Peppercorns

Recipe By : Serving Size : 1 Preparation Time :0:00 Categories : Beef Main Dishes

Amount Measure Ingredient -- Preparation Method ----- 30
ml green peppercorns -- (2 tbsp)

6 sirloin steaks -- about 175 g (6 oz) each Salt

15 ml vegetable oil -- (1 tbsp)

30 g butter -- (1 oz)

45 ml cognac -- (3 tbsp)

300 ml Brown Veal Stock -- (10 fl oz)

225 ml cream -- (8 fl oz)

Watercress, -- to garnish

The chef has some guidelines to determine when a steak is cooked: When demonstrating the technique for cooking a steak, the chefs at Le Cordon Bleu hesitate to give students an exact cooking time because there are so many variables to consider. Obviously the thickness of the

steak and the degree to which it is to be cooked (very rare, rare, medium, or well done) will have a considerable effect on the timing. The temperature of the meat before cooking (if you like your steak rare or medium rare it must be at room temperature before cooking), the presence of a bone, the method of cooking (sauteing, grilling or barbecuing), and the heat of the stove, grill, or coals will also affect the cooking time. The best way to test whether the meat is cooked is by touch and sight as well as by the clock: as a steak cooks, the meat becomes firmer and the interior colour lightens from a dark purple-red to pink. With experience you will be able to determine when all meats, poultry, and even fish are done, merely by touch. Here are guidelines for cooking steaks to the desired degree: approximate times are given for 2-2.5 cm (3/4-1 inch) thick steaks. **VERY RARE** (called bleu in French) Sear both sides just until browned (about 1 minute each side) in very hot oil and butter. The steak will feel very soft when touched; the interior colour will not have changed from the purple-red colour of raw meat. **RARE** (Saignant) Sear for 2 minutes each side and 1 minute on the edge in very hot oil and butter. The steak will still feel soft when touched; the interior colour will be red. **MEDIUM** (a point) Sear for 3 minutes each side and 1 minute on the edge in very hot oil and butter. The steak will offer resistance when touched; the interior colour will be pink, and pink juices will bead on the surface of the seared side of the steak when turned. **WELL DONE** (bien cuit) Sear both sides just until browned (about 1 minute each side) and then cook for about 15 minutes in a 170 C (325 F) mark 3 oven. The steak will be very firm when touched; the interior colour will no longer be at all pink.

Coarsely crush the peppercorns with the bottom of a small heavy saucepan. Season the steaks on both sides with salt and then sprinkle with the peppercorns, pressing the peppercorns onto the surface of the steaks. Heat 7.5 ml (1.5 tsp) of the oil and 15 g (1/2 oz) of the butter in a large frying pan over high heat. Add 3 steaks, brown on both sides and then continue to cook until done as desired. Transfer to a serving platter; cover to keep warm. Discard the fat from the pan and repeat with the remaining oil and butter to cook the remaining steaks. Return all the steaks to the pan, add the cognac and carefully light it. When the flames die, transfer the steaks to a platter. Add the stock and cream to the pan and deglaze over high heat, scraping the bottom of the pan to release any cooked particles. Cook until the liquid has reduced by half, then season to taste with salt and pepper and strain. To serve, arrange the steaks in the centre of the platter and spoon the sauce over. Garnish the platter with watercress. Serve the remaining sauce in a sauceboat. Accompany with the Pommes de Terre Sautees Cru

NOTES : Pepper steak has long been part of the classic French repertoire. This is a modern variation on that theme. It substitutes green peppercorns ('fresh' peppercorns sold bottled or canned) for the traditional black (dried) peppercorns used to season the steak in the past. Green peppercorns are not as hot as black peppercorns and have a fruitier taste

-Linda Tomasini

In article <355d951d.90488667@news.cei.net>, nospam.chuck@cei.net (Chuck) writes:

>bullseye <bullseye@kdsi.net> wrote: > >>Does any one care to shsare the beat way they like
>ribeyes?,... *used to >>post a while back under Jason R and Am STILL regretting posting that
>>Muskrat recipe,... sorry,... been in hiding since*,.. (not to mention >>the crow),... *sigh* >
>Easiest: Sprinkle each side with Durkees Montereas Steak Seasoning and >cook over charcoal
>grill. > >Little more time consuming: >Make a rub of: >2 TBL Chili Powder >2 TBL Paprika >1
>Tsp Cumin >1 Tsp Garlic Powder >1 Tsp Onion Powder >1/2 Tsp Pepper (your choice) >Mix
>well, and rub into meat. Let stand for 1/2 hour then cook over >charcoal or broil (only if it's
>raining) If you broil it, you can add >a little liquid hickory smoke, by rubbing it in before you do
>your >rub. >Chuck > Weird! A Chuck who scores a bullseye with ribeye.

Is yoose guys pullin' my meat? ;)

Sheldon `````````` On a recent Night Court rerun, Judge Harry Stone had a wonderful line: "I try
to keep an open mind, but not so open that my brains fall out."

Never Fail Prime Rib

We have had several recipes over the year for prime rib and this is our favorite. It is too simple for words and you will hear nothing but rants and raves from everyone you serve it to. Nothing beats a prime rib for any special occasion but remember to treat your family to this - just because you love them!!!

Take roast out of the refrigerator 2 hours prior to cooking to warm up to room temperature. Preheat oven to 200 F. Place roast in roasting pan. Sprinkle with salt, pepper, and garlic powder. Put the roast in the oven. Now here is the hard part. Don't open the oven door and let the roast cook for one hour per pound of meat. That's right, don't peek. Trust this one. If the roast weighs 4 lbs, cook it 4 hours. If it weighs 6 lbs, cook it 6 hours. The outside will be brown and crusty and the inside will be moist and juicy. It will be a little pink in the middle for those who like theirs on the rare side and the ends will be more done for those who want well. Everybody is happy, especially the host.

I didn't get this recipe out of a book. I just looked at what I had in the frig and pantry, and threw it together. It was delicious and we will be eating it again soon! The pork comes out incredibly tender this way. The carrots sound a bit odd, but they really work well with this.

Crock Pot BBQ Pork Chops

2-4 lbs pork chops (I used boneless that I had gotten on deep discount, but I am sure you can use any pork.) 1 bottle BBQ sauce 4-5 carrots

Slice carrots very thinly. Place in bottom of crock pot. Layer pork chops with BBQ between layers. Pour rest of sauce in. Cook on low 8 hours.

[HOME](#)

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## **File Name: GRLAMC.TXT File Title: Grilled Rosemary Lamb Chops Uploaded: 23 October 1995 by Lon Hall**

Offer some homemade breadsticks with the lamb: Just cut a French bread baguette lengthwise into quarters; brush with olive oil that has been mixed with fresh herbs. Grill alongside the lamb until golden, about 2 minutes per side. Serve raspberries and cream with cookies for dessert.

3/4 cup balsamic vinegar 6 tablespoons olive oil 3 tablespoons fresh lemon juice 3 tablespoons minced fresh rosemary or 3 teaspoons dried 6 garlic cloves, minced 1 teaspoon ground black pepper 12 1-inch-thick loin lamb chops, fat trimmed

1 1/2 cups mesquite wood chips, soaked in cold water 1 hour (optional)

Mix first 6 ingredients in small bowl. Place lamb chops in single layer in 13x9x2-inch glass dish. Pour marinade over. cover with foil and refrigerate 4 hours, turning lamb chops occasionally.

Prepare barbecue (medium-high heat). When coals turn white, drain chips, if using, and scatter over coals. When chips begin to smoke, season lamb with salt and pepper and place on grill. Cover; grill shops to desired doneness, basting often with marinade, about 4 minutes per side for medium-rare. Transfer to platter and serve.

4 Servings

Bon Appetit July 1995

# BRAISED RABBIT WITH BLACK OLIVES (Coniglio Alla Cacciatora)

An Italian classic, this rich stew can be made with rabbit or chicken. Slabs of golden polenta reheated over a charcoal fire make a perfect accompaniment. This is also a low chol. meal.

Makes 6 servings

RABBIT: 2 pounds (900 g) skinned and cut into 12 pieces OR 2 lbs. skinned chicken thighs.  
FLOUR: for dredging GARLIC: 2 large cloves peeled ROSEMARY: 3' sprig OLIVE OIL:P 1/3 cup + 2 tbs. CARROT: 1 medium RED ONION: 1 medium PARSLEY: 1/4 cup chopped DRY WHITE WINE: 2/3 cup TOMATO PASTE: 2 tablespoons CHICKEN BROTH: 1/4 cup RIPE OLIVES (6 oz drained or Kalamata ones) BAY: 2 leaves SALT: 1/2 tps.

- 1.Preheat oven to 350. Salt and pepper rabbit or chicken pieces well on both sides. Dredge in flour, knocking off excess. Place pieces in a single layer on a rack until ready to use.
  - 2.Heat 1/3 cup olive oil in dutch oven set over medium. Saute garlic and rosemary, turning pieces several times. Remove when golden. Without crowding pan, add meat in batches and brown lightly, about 2 minutes on each side. Remove cooked pieces to a plate.
  - 3.Meanwhile, chop carrot, celery, onion and parsley finely together in food processor. Once all the meat is cooked, in pan, add the remaining 2 tbs olive oil and heat briefly. Add chopped vegetables and saute gently 5 minutes until the onion softens.
  - 4.Return meat to pan with vegetables and cook together for 2)3 minutes more.
  - 5.Raise heat to high and add white wine. Bring to a boil and evaporate, about 3)4 minutes. Remove pan from heat.
  - 6.Dilute tomato paste with the chicken broth. Pour over meat and vegetables. Add olives, bay and salt.
  - 7.Cover pan and bake in oven for one hour, stirring occasionally. Serve hot.
- Serve over slices of polenta, reheated over a grill.

MMMMM----- Recipe via Meal-Master (tm) v8.02

Title: Glazed Pork Loin Roast Categories: Meats, Main dish Yield: 8 servings

1 ea Fresh pork loin roast \* 1 ea Clove garlic, cut into 1/4's 1 ts Salt 1 tb Orange marmalade 1 ts Prepared mustard 1/2 ts Dried thyme leaves

\* Pork roast should be 2 to 2 1/2 lbs boneless roast.

Make 4 slits in fat on pork roast with tip of sharp knife, insert a piece garlic in each slit. Sprinkle roast with salt. Mix marmalade, mustard and thyme, spread on roast. Place roast in 16 x 10-inch cooking bag. Close bag loosely with string (leave hole the size of finger in closure). Place roast on microwave roast- ing rack in oblong baking dish 12 x 7 12 x 2-inches. Microwave on medium-low (30%) 30 minutes; turn roast over and turn dish one-half turn. Microwave until roast is done (170 degrees F on meat thermometer inserted in several different places in roast), 20 to 25 minutes. Let stand 10 minutes in bag in microwave. Serve with Meat Juices.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.02

Title: Roast Pork Loin Categories: Meats Yield: 8 servings

1 tb Salt Freshly ground pepper - to taste 1 tb Fresh thyme leaves; -=OR=- 1 ts -Dried thyme 1 tb Finely minced garlic 3 tb Olive oil 1 ts Ground coriander 1 Pork loin, with rib bones - chine bone removed, -(about 6-to-7 lbs and - containing 11-or-12 chops) 1 md Onion - peeled and roughly chopped 2 Celery stalks - roughly sliced 2 tb Flour 2 c All-purpose broth -OR low-sodium chicken broth 1 c Southern Comfort

COMBINE SALT, PEPPER, THYME, garlic and oil in a blender or small food processor and blend to a paste-like consistency. Scrape into a small bowl. Place pork on a work surface, rub the surface with all the herb paste and place the loin in the refrigerator for 2 hours or up to 8 hours. Preheat oven to 400F. Place the pork in the oven on a rack in a roasting pan and immediately reduce heat to 350F. Roast for 2 hours. After 1 hour add the onions and celery. As the roast cooks, remove any excess fat with a basting bulb. The pork juices should run barely pink and the roast will continue to cook while it "rests." A meat thermometer should read 165F-to-170F in the thickest part of the roast. Remove the roasting pan from the oven and increase the heat to 425F. Remove the roast to a plate to rest for 30 minutes before carving. Add the flour to the vegetables in the roasting pan, mix and replace in the oven for 15 minutes. Transfer the roasting pan to the stovetop, place over medium heat and add the broth, Southern Comfort and any juices that have escaped from the pork. Cook, stirring, until the gravy thickens. To serve, cut the loin into individual chops and arrange on a serving platter. Strain the gravy

through a sieve or strainer into a sauceboat and serve on the side.

## MICHAEL ROBERTS - PRODIGY GUEST CHEFS COOKBOOK

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.02

Title: Roasted Pork Loin with Mushroom & Garlic Categories: Main dish, Meats, Pork Yield: 8 servings

4 cl To 5 garlic 1 c Fresh whole mushrooms 1 1/2 ts Salt, divided 1 (3 to 4 pound) boneless pork Loin roast 2 tb Lemon juice 1/2 ts Freshly ground pepper

MMMMM-----SOUR CREAM GRAVY----- 1 ts Cornstrach 1 tb Water 2 tb Reserved pan drippings from Roast 1 (8 oz) carton sour cream 1/8 ts Freshly ground pepper Garnishes: fresh mushroom Slices, fresh rosemary Sprigs

Cut garlic into 1/8" slices, cut mushrooms into 1/4". Sprinkle with 1/4 teaspoon salt; set aside. Place roast, fat side up, on a rack in a shallow roasting pan. Cut slits 1/2" into roast at 1" intervals. Put lemon juice evenly over the roast with a brush, sprinkle with remaining salt and pepper. Put garlic and mushroom slices into the slits. Bake at 325F. for 1 hr. 10 mins. or until meat thermometer inserted in thickest portion registers 160F. Cover loosely with aluminum foil. Let sit for 10 to 15 mins. before slicing. Chill pan drippings in freezer; discard fat. Save 2 tb. for sour cream gravy. Serve roast with gravy. Garnish, if desired. For gravy combine cornstarch and water in saucepan, until smooth. Slowly stir the reserved pan drippings, sour cream, and pepper. Cook over low heat stirring constantly, until thickened.( Do not boil.) Southern Living Home for the Holidays 1994 Shared by Carolyn Shaw 12-95

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.02

Title: Pork Roast with Rosemary Categories: Meats Yield: 6 servings

3 lb Pork loin roast 2 tb Fresh rosemary 4 Cloves garlic 1 ts Salt 1 ts Pepper 2 tb Butter 1 Small onion, chopped 1/4 c Olive oil

Trim fat from pork roast. Finely chop rosemary and garlic together. Make 8 to 10 deep cuts, about 2 inches apart, in pork with sharp knife. Insert small amounts of garlic mixture in cuts. Sprinkle with salt and pepper. Heat butter in shallow roasting pan in oven. Sprinkle with onion. Place pork in pan. Drizzle with oil. Insert meat thermometer so tip is in center of thickest part of



pork and does not rest in fat. Roast, uncovered, at 350F for 1 3/4 to 2 hours or until thermometer registers 170F. Let stand 15 minutes before slicing.

MMMMM

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The following rabbit recipe is from Pino Luongo's book, A Tuscan in the Kitchen, Potter (1988), ISBN 0-517-56916-7.

Coniglio alla Cacciatora (Rabbit, Hunter's Style)

Marinade: red wine juniper berries red onion, finely chopped carrot, finely chopped celery, finely chopped

1-3 pound rabbit, with interiors, cleaned and cut in pieces White wine Salt Black pepper
Marinade Garlic, smashed Fresh rosemary

1) Marinate the rabbit overnight but not longer than 24 hours. 2) Heat olive oil in a pan and saute garlic over medium heat until golden. Remove garlic and brown rabbit in the oil, being careful not to burn. 3) Pour off oil and add wine to cover. Turn heat to high and, when very hot, add rosemary, salt, pepper and the interiors. 4) Partially cover the pan and turn heat to low (or put in oven). Cook until the rabbit is quite tender and white which should take around 30 minutes. The rabbit should absorb most of the liquid, but, if not, remove rabbit and reduce the liquid over high heat.

Note: Luongo never gives precise amounts of any ingredients. The introduction says, "You don't need a prescription for cooking food: you're the person in charge. Don't be afraid to follow your feelings. Be flexible, be creative--abandon your inhibitions and have fun. When it looks good and feels right, you'll know it."

[CLICK HERE FOR THE REST OF THE SITE](#)

Forum: Cooks Online+ Section: Meat-Poultry-Fish Subj: Rack of Lamb

To : Jim Crabtree, 70025,1356 5/13/95 10:27 AM From : Judy Gruhn/Staff/NYC, 76357,3134#551241

Jim- I have already left this idea for a rack of lamb in the oven for a couple of people but here is one I used just last night- just in case you didnt see it!

Coat a rack with a good quality dijon mustard. Use honey dijon if possible, but if not any good dijon will do! Now make a mixture of bread crumbs, finely ground hazlenuts and fresh rosemary and coat the lamb with this. You can do this a couple of hours ahead of time - just cover and refrigerate. Just before serving, drizzle the lamb with 1 Tab. or so honey! Roast for ab. 25-30 min in a 425 degree oven for rare lamb.

I found that one in my files around Easter and this is the second time I've made it - always to raves.

***** Steak au Poivre ***** *

Categories: meat outdoor

Calories per serving: Number of Servings: 4 Fat grams per serving: Approx. Cook Time: 30 mn
Cholesterol per serving: Marks:

INGREDIENTS : 4 ea beef, filet steaks 0 -=SAUCE=- 1/4 cup pepper, corns, cracked 1 ea shallots, minced 5 ea onion, green, chopped 1/4 lb butter 1/4 cup cognac 2 tsp mustard, dijon 1/4 cup cream, heavy

DIRECTIONS -----

Crack the peppercorns in a cloth with a rolling pin or hammer. Season the steaks with salt then press an even coating of the cracked pepper on each side using about 2/3 of the pepper.

Saute the shallot and green onions in butter in a 10" skillet. Keep half of the shallot/onion butter in the skillet and warm the other half on the grill for basting.

Grill the steaks to taste basting with the butter.

When the steaks approach doneness, begin to make the sauce.

Bring the left over butter/shallot/green onion mixture to heat and add about 2 Tbsp of the remaining cracked pepper. Saute for about 1 minute. Add the cognac and flame being careful not to become a human torch. When most of the alchohol has burned off, add the mustard and cream. Stir thoroughly with small wisk.

At this point, the steaks should be done. Put the steaks in the skillet with the sauce and baste well.

Serve with plenty of sauce on the side. This is truly a regal dish. Source: Private Collection

*** Recipe Via Compu-Chef (tm) ***

NO TOOLS RIBZ

Here is my personal recipe for some "falling off the bone", Baby Back ribs.

PREPARE

The RIBZ should be TRUE BABY BACK ribs. You should have a fillet knife to remove the membrane on the inside of the slab. Start by taking the tip of the knife and running it along each bone, cutting through the membrane and into the bone. Start at the tip of each bone and start cutting a strip of membrane/fat, the width of each bone you already sliced down both sides of. After you have enough cut, you can grab it with your fingers and pull it back while using the filleting technique to cut it the rest of the way off.

Trim off any other excess fat and rinse the meat under cold water, pat dry with paper towels.

Now comes the personalization of the presentation!

MARINADE

You can do this many ways, I have found that if you marinade over night in a ZIPLOCK, laying flat or even in a special TUPPERWARE marinade container, you will have better flavor when the ribs are finished. My marinade consists of the following: McCormick Season All season salt, McCormick Garlic Powder, fresh ground McCormick Peppercorns, a sprinkle of McCormick Lemon & Pepper and finally a couple splashes of Wrights Liquid Smoke. Rub everything but the fresh ground pepper and liquid smoke into the meat. add 3/4 cup of water for each bag of 1 slab, halved. Add the smoke to the water. Marinate over night or a few hours, whatever your schedule can fit. Try to turn the bag every once in a while.

Remove from marinade, discard the old marinade. Grind on some fresh pepper and a dash of salt.

COOK

Place ribz in a baking pan on a rack with the meat side up. Add 3/4 cup water and a dash of liquid smoke. Seal tightly with heavy duty foil. Bake at 325 degrees for 1.5- 2 hours, turning ribs over every 15-20 minutes. Use light foil and you will tear it about the second time you peel it open to turn, then you will be BAKING and not steaming!

Prepare your charcoal grill or gas grill in anticipation of the steaming finish. You can add pre-soaked hickory chips/chunks to either grill and be sure to char these ribs up over INDIRECT HEAT! about 15-45 minutes adding any sauce you might want to use and turn turn turn and don't leave this unattended or you will have wasted all your time and meat. If you want detailed instructions about how to grill them, just ask.

EAT

NO TOOLS REQUIRED as the meat will be falling off the bones and your mouth will be watering for your tasty culinary reward! Server with warmed BBQ sauce, steamed corn on the cob and a nice salad. There you have it!

The TWO cooking processes can be done separate. If you plan on grilling them later in the day just let them cool and refrigerate in between cooking's.

[BACK](#)

Title: White Lightning

Categories: Bbq, Sauces

Yield: 1 sauce

3/4 c White vinegar 1/2 ts Cayenne pepper
1/2 c Water 2 tb Fresh lemon juice
1/2 c Sugar 1 sm 1015 (sweet Texas, Vidalia,
1/4 c Prepared yellow mustard Or white), onion; diced
1 ts Fresh ground black pepper 3/4 c Melted butter
1 1/2 ts Salt 2 ts Worcestershire sauce

Combine all ingredients, except butter and Worcestershire sauce. Simmer on low, 20 minutes. Add butter, Worcestershire, simmer 20 more minutes. A knock out on beef, poultry and pork!

Title: Texas Soppin' Sauce

Categories: Sauces, Bbq/smoker, Bbq

Yield: 1 servings

-----FOR BEEF, POULTRY, PORK-----

2 Garlic cloves; roughly cut 1/2 t Salt
1 Small dried, hot red pepper 2 T Brown sugar
1/2 t Fresh cilantro; chopped-=OR= 1 T Worcestershire sauce
-1/4 t dried 1 c Cider vinegar
1/4 t Ground cumin 2 c Ketchup
1/2 t Anise seeds Hot pepper sauce, to taste

Combine all ingredients through vinegar in the container of a blender or food processor. Process until smooth. Transfer mixture to a medium saucepan and add the ketchup. Heat to boiling, reduce heat. Simmer uncovered 30 minutes. Add hot pepper sauce to taste. Makes about 3 cups.

Title: Southern-Style Barbecue Sauce 100

Categories: Bbq, Sauces, Grill

Yield: 1 servings

1 sm Onion 1/2 c Dijon style mustard
1 sm Jalapeno chili,pickled or 1 Lime,for juice,or to taste
Fresh,optional 2 tb Or 3 of bourbon
1 tb Butter Salt to taste
1/2 c Honey Fresh ground pepper to taste

Finely chop onion.Seed and chop chili.Melt butter in small saucepan.Add onion and chili and cook over medium heat 2 to 3 minutes or until union is soft but not brown..
Remove pan from heat and whisk in honey,mustard,lime juice and bourbon.Season to taste with salt and pepper.Taste sauce and make necessary adjustments.Sauce should be a little sweet,a little sour and plenty spicy.Makes 1 cup....

This is without a doubt the world's best "Rib-Rub". Use on baby back ribs for BBQ or use in a smoker. Enjoy!

DRY RIB RUB

6 tsp. Salt
1 tsp. Dried Lemon Powder
6 tsp. Sugar
2 tsp. Monosodium Glutamate
1 tsp. Paprika
1/2 tsp. Dried Mint
2 1/2 tsp. Black Pepper

1. Sprinkle generously on racks of ribs.
2. Refrigerate seasoned ribs overnight.
3. BBQ as usual!

This seems to me to work best when I smoke ribs with mesquite wood chips. Really, it doesn't get any better than this!.

Wayne Hollingshead

The Saga of Thompson's Turkey

Morton Thompson was most well known for his best-seller, "Not as a Stranger." Not much of his other work fared as well. He wrote a book of his reminiscences published in 1945 called, "Joe, the Wounded Tennis Player". Not a very popular book, it did contain a rather peculiar turkey recipe. I have run across this recipe from time to time in books and newspapers, and have edited it for you here.

It is a recipe for the fearless cook. It takes, as you will find, one with some amount of self confidence to place this dish on the table in front of friends. This is not a simple recipe, but it takes more work than skill. We are assured, however, that the end is worth the means. In the words of Morton Thompson, "If you want a well-cooked dinner, the labor of preparing must be equal to the pleasure of your enjoying....No merchant or wizard can offer for sale or loan the priceless ingredient implicit in whatever food you serve."

This is not a picture-book recipe either. Author Richard Gehman said, "This turkey comes out of the oven looking as though someone had made a fearful mistake. It is covered with a hard, jet-black crust that seems to be a combination of coal and ashes. Guests, when they catch first sight of it, wish that had gone elsewhere for dinner. When they begin to eat it, they realize that they had never known turkey at all." Thompson again. "You will think, 'My God! I have ruined it!' Be calm. Beneath this burnt, harmless, now worthless shell the bird will be golden and dark brown, succulent, giddy-making with wild aromas, crisp and crunchable and crackling. The meat beneath this crazing panorama of lip-wetting skin will be wet ... white, crammed with mocking flavor, delirious with things that rush over your palate and are drowned and gone as fast as you can swallow."

With that precaution and, hopefully, temptation, I give you the recipe for....

Thompson's Turkey -----

16-22 pound turkey, WITH NECK SKIN LEFT ON!! salt pepper

Stock for basting: gizzard, neck, & heart from turkey 1 bay leaf 1 tsp paprika 1/2 tsp coriander 1 clove garlic 4 cups water salt pepper 1 cup cider

Bowl A: 1 apple, diced 1 orange, peeled and diced 1 can crushed pineapple, drained grated rind of 1/2 lemon 1 can water chestnuts, drained, halved or quartered 3 tbsp preserved ginger, chopped

Bowl B: 2 tsp dry hot mustard 2 tsp caraway seeds 3 tsp celery seeds 2 tsp poppy seeds 2-1/2 tsp oregano 1 large bay leaf - crushed 1 tsp freshly ground black pepper 1/2 tsp mace 4

1/2 cup parsley, finely chopped 4-5 cloves garlic - minced 1/2 tsp turmeric 4 large onions - well chopped 6 stalks celery - chopped 1/2 tsp marjoram 4 cloves - remove the heads and crush 1/2 tsp savory (summer savory if possible) 1 tbsp poultry seasoning

Bowl C: 3 pkgs unseasoned breadcrumbs (fresh, if possible) 3/4 lb ground veal 1/4 lb fresh pork 1/4 lb butter fat rendered from turkey

Bowl D: Coating Paste: 2 egg yolks 1 tsp Coleman's mustard 1 clove garlic, minced 1 tbsp onion Juice 1/2 tsp salt 2 pinches cayenne pepper 1 tsp lemon juice flour

Begin by making a stock from the gizzard, neck bones, heart, and kidneys. Place them in a pot with 4 cups of cold water. Place over a medium heat until the stock comes to the simmer and a scum begins to form. Skim all off with a large spoon. Then turn down the heat to a simmer and add all the seasonings: the bay leaf, coriander, paprika, and garlic, salt & pepper. Cover leaving the lid just a little ajar, being sure that the stock simmers, but doesn't boil.

Clean the bird, rinsing both inside and out. Dry very well with paper towels. Season the cavity with salt and pepper all around. Remove as much of the fat from the turkey as you can find and cut loose. Place this fat into a small pan and cook over a med-low heat until it is almost all melted (rendered) into a liquid. Don't let the remaining pieces burn.

Make the dressing by beginning with all the ingredients listed above in their respective bowls. One by one mix the contents of bowls A, B. & C well. Then mix them all together into a large bowl. Mix it well. "Mix it with your hands. Mix it until your forearms and wrists ache. Then mix it some more. Now toss it so it won't be a doughy mass." Stuff the turkey with this dressing but not too tightly because it will swell a bit. Seal the turkey by skewering the opening and tying it shut. Then if you have some stuffing left, stuff the neck tube and tie it shut.

Preheat the oven to 500 degrees. Place the turkey in a roasting pan, preferably on a rack, breast down. Make the coating paste by mixing the yolks, mustard, garlic, onion juice, salt, cayenne pepper, and lemon juice. Mix well. Add enough flour, mixing, to form a fairly stiff, but still spread able paste, and place a pastry brush close by.

Place the turkey in the oven, just until it has browned all over. Remove it from the oven and turn the heat down to 325 degrees. While the turkey is hot, paint it ALL over with the paste. But it back into the oven. After a few minutes, when the paste has set, remove it again from the oven, and paint it again. Be sure to cover every bit of the turkey, "every nook and cranny." Put it back into the oven. Repeat until there is no more paste left.

Now add the cup of cider to the stock, and turn the heat down so the stock just stays warm, but doesn't cook any more. Stir it well. This is the basting liquid. If it runs low, replenish it with half cider and half (previously made) stock. Baste the turkey every 15 minutes. (12-15 times). After

the turkey has cooked an hour and a half, turn it on it's stomach, and let it cook in that position until the last 30 minutes, when you should place it upright again. It should cook 4 1/2 to 5 1/2 hours depending on size.

If you wish to make gravy, do it in your usual way.

I will close with another passage from Richard Gehman in his book, "The Haphazard Gourmet",

"Thompson did not describe the taste of the stuffing for the simple reason that it is indescribable. It is full of a vast collection of elusive and exotic flavors, of fruit and of greens, bits of crispness and of delicate meats. ... I don't know if [Morton] Thompson is in Heaven or not, but if he is, this must be his second visit. I don't know of any other place where he could have picked up the original inspiration for Thompson's turkey."

I certainly hope that you enjoy reading about this recipe. If you try it and find that it lives up to any small part of its reputation, please let me know. I don't think that I'd serve it for guests the first time, unless they were very experimental types. After that, if you like it, pass on the story as well as the recipe.

Neil

Here is a real life tip on what NOT to do if you try this recipe:

About 30 years ago I was living in Southern California. The Sunday LA Times used to include the old PARADE magazine. One Sunday a recipe for a turkey that was roasted that ended up with an ugly black shell was described that sounded very intriguing. Somehow the PARADE copy was lost. I thought nothing of it assuming that the recipe would be easy to replace. Some time later I tried to find the same recipe...I even checked with the Times for old copies...well to make a long story short...for at least 25 years I have had my ear out to hear of a similar recipe. I don't know if Thompson's is the same recipe; I don't remember the accompanying stuffing, etc. All I remember is the hard, ugly crust and the promise of temptingly delicious, extraordinarily tender turkey.

Back in those days we did not have the benefit of the internet or web pages like yours. Just a bit ago, this being Thanksgiving, I thought I would give the world a chance...again...and entered a search line on Google: turkey recipe hard black salt. Your Thompson's Turkey recipe popped up. I'm very grateful to you and whether I ever get the recipe cooked or otherwise...I thank you VERY much! Happy Thanksgiving!

Wade W. Ah You, age 66

(for the curious, I am from Hawaii now living in Fremont, California. I am 1/4 Hawaiian, 1/4 Chinese, and 1/2 Russian...married to a Macedonian for whatever all that minutia is worth!)

And later that weekend.....

I thought I'd let you know how my experience with Thompson's Turkey turned out. Awful! Let me explain.

Following the directions exactly...the stuffing was not to our liking, purely a matter of taste however.

The real problem was with the bird. The instructions had me turning the turkey around too many times. That activity was too difficult with a hot bird in a hot roasting pan and caused the skin to rip (the bird's, not mine!).

The basting paste was too difficult to apply in an even and complete coating and I'm not sure that the timing was correct as to when to add it to the bird.

The combination of the broken skin and the difficulty in keeping a even layer of paste over the bird as it had to be turned was the cause of incomplete coverage and the result was a dry, black bird.

Two things, as you can see, are necessary to make the technique acceptable (imagine having to turn a 28 pound turkey full of stuffing and hot from a 500 degree oven)...

First, figure out a way to coat the bird with paste without turning it by had (like a rotisserie?), and

Second...better instructions on the texture of a paste that will adhere to all parts of a very hot, oily bird.

Still, it was an experiment I had looked forward to for years, and I'm glad I did it. I may not want to do it again, according to the book, but I think I learned enough to experiment with a technique of my own that may result in the glowing description of how it should have ended up!

Best regards and happy holidays,

Wade

Thank you Wade for your valuable contribution.

[HOME](#) PLEASE stop in and look around my site.

Turkey Primer

How much do I need? When buying turkey allow for 3/4 to 1 pound per serving on birds that weigh less than 14 lbs. and about 3/4 lb. per serving on birds over 14 lbs. We sell fresh turkeys for Thanksgiving and Christmas (No thawing necessary) and the rest of the year we carry top quality fresh frozen birds. We recommend these two methods of thawing turkeys. Refrigerator thawing: Leave the turkey in the original wrap and place on a tray or large shallow pan. Thaw in refrigerator for 2 to 3 days. Once thawed, cook at once or keep refrigerated no more than two days before cooking. Cold water thawing: Leave the turkey in the original wrap or place in a plastic bag. Important note: Do not put an unwrapped turkey in water to thaw, as it will lose its flavor. Place the bird in cold water, never hot or warm, changing the water every couple of hours. Thawing will take from 2 to 8 hours depending on size. Stuffing: There are as many recipes for stuffing as there are people who make it. Pepperidge Farm makes several types of high quality stuffing, or we have an excellent ready to use stuffing that we make. Allow about 4 oz. (3/4 cup, fluffed) of stuffing per pound of turkey. Preparation for cooking: Remove the neck from the body cavity and the giblets from the neck cavity. Note: Sometimes the giblets are jammed far back in the neck cavity, so be sure to get them out. Rinse the bird inside and out with cold water and pat dry. Rub the inside of the cavities with salt, if desired. Loosely fill the neck cavity with stuffing and stitch (using white cotton thread) or skewer the neck skin to the back. Twist the wing tips under the back of the turkey. Next, loosely fill the body cavity with stuffing. Skewer or stitch the skin over this cavity closed. Tightly tie the ends of the legs together and to the base of the tail.

Roasting the turkey: Preheat the oven to 325o. Place the bird, breast up, on a rack in a shallow roasting pan. Cover the bird loosely with foil, pressing it lightly at drumstick and neck ends leaving an air space between the turkey and foil. Baste with pan drippings occasionally, if desired. Remove foil the last 45 minutes of cooking; cut and carefully remove string from legs and tail. Continue roasting until done. Remove from the oven and let stand for 15 to 20 minutes before carving.

Turkey Roasting Chart

Weight Stuffing Wt. Cooking Wt. Cooking Time

9 lbs. 2.25 lbs. 11.25 lbs. 4.0 hrs. 11 lbs. 2.75 lbs. 13.75 lbs. 4.5 hrs. 13 lbs. 3.25 lbs. 16.25 lbs. 5.0 hrs. 15 lbs. 3.75 lbs. 18.75 lbs. 5.5 hrs. 17 lbs. 4.25 lbs. 21.25 lbs. 6.0 hrs. 19 lbs. 4.75 lbs. 23.75 lbs. 6.5 hrs. 21 lbs. 5.25 lbs. 26.25 lbs. 7.5 hrs. 23 lbs. 5.75 lbs. 28.75 lbs. 8.0 hrs. 25 lbs. 6.25 lbs. 31.25 lbs. 9.0 hrs.

All weights and times are approximate.

Carving: Carefully place the turkey on a carving board. Drumsticks should be to carver's right. Carve the side toward guests first. Note: Using a sharp knife will allow you to do a much better job of carving and will reduce the risk of cutting yourself due to a slip of the blade. Hold the leg with your fingers, pulling it away from the body. Cut the skin between the thigh and body down to the back. Separate the thigh from the body at the joint, using the tip of the knife. Slice thigh meat parallel to the bone. Separate thigh bone from drumstick at the joint. Make a deep horizontal cut into the breast, just above the wing joint. Cut thin even slices down to the horizontal cut. As you get closer to the rib cage, follow the contour of the body as you slice. Cut an opening in the thin meat where the thigh was removed to reach the stuffing. Repeat each step for the other side of the bird, removing the wings last by severing at the back joint. Enjoy!

Subject: Grilled Salmon From: tzi1@slosh.com (Tzigane) Reply-To: tzi1@slosh.com Newsgroups: rec.food.recipes Followup-To: rec.food.cooking

>Request From: "Ron Harshbarger" <rnharsh@visi.com> >On a recent trip to Chicago, I enjoyed a wonderful salmon steak! The >meat was very light in color and had a hint of lemon but was it just >plain delicious! Anyone have any idea what the recipe was? >There were no nuts, no onions, no visible sauce.

I don't know that my recipe is that same as the restaurant in Chicago... but I hope you enjoy this.

Grilled Salmon Serves 4

1/2 cup dried thyme for sprinkling on coals (soak in water 5 minutes, drain) 4 salmon steaks, about 6 ounces each

Spray grill rack with non stick spray and place over hot coals. Sprinkle drained thyme over hot coals. Spray fish lightly with nonstick cooking spray and place on sprayed grill rack. Grill salmon about 4 minutes, turn and grill until done to taste about 10 minutes in all. Serve with asparagus and saffron rice.

*** Rec.food.recipes is moderated; only recipes and recipe requests are accepted for posting. Please read the "Posting Guidelines" article. Recipes/requests go to recipes@rt66.com; questions/comments to tfdpress@acpub.duke.edu. Please allow several days for your submission to appear.

Smoked Salmon *

1 whole salmon - OR fresh salmon steaks, about 1-in. thick
butter - melted
lemon juice - fresh
seasoned salt
dill
Cucumber Mayonnaise - (see recipe)
Yogurt Dill Sauce - (see recipe)

SALMON STEAKS: Combine equal parts of butter and lemon and brush each steak on both sides with the mixture. Sprinkle with seasoned salt and dill. Serve with Cucumber Mayonnaise. Charcoal Smoker: Use 5 lbs. charcoal, 3 quarts hot water, 1 to 2 wood chunks and smoke 1 hour. Electric Smoker: Use 2 quarts hot water, 1 to 2 wood chunks and smoke 1 hour.

WHOLE SALMON: Brush salmon cavity with dill and seasoned salt. Repeat on the outside of the salmon. Chill leftover salmon and serve with sour cream and dill or Yogurt Dill Sauce. Charcoal Smoker: Use 7 to 9 lbs. charcoal, 4 quarts hot water, 2 wood chunks and smoke 3 to 5 hours, depending on size. Electric Smoker: Use 4 quarts hot water, 2 wood chunks and smoke 3 to 5 hours, depending on size. Yield: 1/3 lb. per person

Note: This very expensive delicacy can be made easily and economically at home. Serve hot or cold with Cucumber Mayonnaise or Yogurt Dill Sauce.

Another note: Frozen seafood should always be thawed before cooking. The most harm you can do to seafood is to overcook. Seafood is done when the flesh turns white or opaque. The meat will flake easily when forked and shellfish will feel firm to the touch. If cooked in the shell, the shells will open when done. Seafood is most delicate and requires short cooking times. Fish with high fat content will require longer cooking. Recipe from "Cook'n Cajun Water Smoker Cookbook".

Cucumber Mayonnaise

1 cup mayonnaise - OR 1/2 cup mayonnaise and 1/2 cup sour cream
3 Tbsp lemon juice
dash Tabasco
1/4 tsp curry powder - optional
1/2 cup cucumber - finely chopped

Combine all ingredients except cucumber. Drain cucumber well and combine with mayonnaise mixture. Chill for several hours before serving. Very good with smoked salmon. Recipe from "Cook'n Cajun Water Smoker Cookbook".

Yogurt Dill Sauce

1/2 cup mayonnaise
1/2 cup yogurt
2 Tbsp dill - fresh
3 scallions - chopped
salt and pepper
1 Tbsp capers - optional

Mix all but the last optional ingredient, adding salt and pepper to taste. If you like, sprinkle capers over the top. Good with fish or beef roast. Use with Smoked Salmon. Yield: 1 cup. Recipe from "Cook'n Cajun Water Smoker Cookbook".

Smoker Stuffed Salmon

1 salmon - 4 to 5 lb. drawn, scaled
oil
1 cup tomato - peeled and chopped
1/4 cup green onion - chopped
1/4 cup dill - fresh, chopped
1/2 cup dry bread cubes
1/4 cup celery - chopped
1/4 tsp salt
1/2 tsp lemon pepper
1 cup garlic - small, minced

Prepare salmon and brush with oil. Combine remaining ingredients and stuff salmon with this mixture. Place salmon on a sheet of heavy duty foil that has been doubled *and* greased. Place on water smoker grid and smoke. Yield: 4 servings.

Charcoal: Use 7 lbs. charcoal, 4 quarts hot water, 2 wood chunks and smoke 3-1/2 to 4-1/2 hours. Electric: Use 4 quarts hot water, 2 wood chunks and smoke 3 to 4 hours.

Title: Smoked Salmon

Here are some special hints for the processing of salmon. Never remove the skin from salmon. Leave it on, whether the fish is processed whole, in halves, or in smaller cuts. For salmon, the blackstrap molasses variant of the Basic fish Brine gives particularly tasty results. Another delicious variant is to cut short the brining period by half an hour, and then marinate the fish in soy sauce for 30 minutes before drying and smoking. It is easy to produce what is sold commercially as Kipperd Salmon. This is made exactly the same way as ordinary smoked salmon except that after brining it is colored with a harmless dye, to give it the attractive reddish color. Some people put the dye in the brine; but then that batch of brine is spoiled for regular use. It is more economical to use in separate dye bath. Kipper coloring is sold under various trade names, but the actual coloring ingredient is usually 150 Orange I, a dye approved under the U.S. Federal Food and Drug Cosmetic Act. Half an ounce of the dye mixed with 2-1/2 U.S. gallons of water (2-1/8 Imperial gallons) makes a suitable strength. Dip the fish for 15 to 30 seconds, according to the depth of color desired.

Ordinary food coloring may be used instead, but it does not give such a rich color.

BASIC FISH BRINE-

This brine is far superior to a straight salt solution and is recommended for use with fish, oysters, clams, shrimps and prawns.

4 U.S. gals water 5 lbs salt (8 cups) 1 lb dark brown sugar 1-1/2 cups lemon juice 2 Tbsp liquid garlic 2 Tbsp liquid onion

Dissolve the salt first, then add the other ingredients and mix thoroughly. Test the brine with a potato or egg; the salinometer should read 80. To be precise, of course, the salinometer is not now measuring the salt content of the brine, but shows the combined density change produced by all the flavoring ingredients. Concerning the Basic Fish Brine, here are some suggestions: If liquid garlic and liquid onion are not available, garlic and onion powder may be substituted, although they do not readily dissolve in water. Alternatively, garlic cloves and onions may be crushed, but peel them first.

To peel garlic easily, cut off the ends of the clove, put it on the cutting board and press with the side of a wide knife; the skin will pop off. The garlic or onion may then be crushed with a garlic press. Or, if no press is available, place the garlic or onion in a folded piece of aluminum foil or wax paper, and crush with a wide knife or piece of wood. If a stronger flavor is desired, add a little Tabasco sauce to the brine. Dill may be added to the brine, for those who like it. Two tablespoons of dill salt will be about right. Alternatively, crushed or broken dill plants may be put in the brine, as they are put into dill pickles. The dill-flavored brine is particularly good for making smoked or kippered salmon. For a subtle variation of flavor, honey or blackstrap molasses may be substituted for the brown sugar.

Title: Smoked Salmon (Larry Lohkamp) Keywords: salmon, seafood

This pickle is the product of 2 years of testing. The only problem with it is that you may not get to eat much of it. I put 15 lbs of Coho salmon in the smoker last week and only have 2 lbs left. It's amazing how many friends you have.

1/4 c pure salt 1/2 c honey 1 c soy sauce 2 garlic cloves, crushed 1/2 sm onion, crushed 1/2 c red wine (cheap)
1/2 tsp sweet basil 1/4 tsp red pepper 1 salmon

Put salt in a 1 qt jar. Warm honey so it will flow. Put honey and soy sauce in a glass bowl and microwave on HIGH for 2 mins. Whisk until honey is dissolved, then pour into the jar. Shake well to dissolve the salt. Add garlic, onion, wine, basil, and red pepper. Add cold water to make 1 qt of pickle. Fillet the salmon. Scrape skin side with a knife under running water to remove slime. Work quickly so that water doesn't degrade the meat. Cut into chunks. Place the salmon skin side up in a glass container; do not use metal or plastic. Cover with pickle and store in refrigerator. Pickle time is 8 hours per inch minimum. The pickle is balanced so that longer items will not over-cure. Remove salmon from pickle and rinse quickly in cold water. Allow salmon to drain and set up in refrigerator (skin side down) until surface is shiny and tacky to touch.

Follow directions for your smoker. For Little Chief model use 2 to 3 pans of apple chips and hold in the smoker for about 12 hrs. If you freeze your smoked salmon, it will pick up water and soften when thawed. It can be put back in the smoker for several hours to restore texture.

From the recipe collection of Fred Towner

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This from Gene Lugo May 25, 2002,

Instead of brining the fish in a salt-water solution, try packing the fish with salt/brown sugar. I use a stainless steel fish poacher, line the bottom with equal parts (by weight) of sea salt and brown sugar. Then I place the salmon skin side down, and totally cover the fish with more salt/sugar combination.

The whole thing goes in the refrigerator for about 7-12 hours, depending upon the thickness. The fish's own juices will form a very flavorful brine. After the curing is complete, you must rinse the fish in several changes of water, to remove some of the salt. If you like a strongly flavored lox-style salmon, use only two changes of water, 4 hours apart. If you like a scottish-style fish which is far more delicate and subtle, then you will change the water at least 5 times over two days.

Then you must let the salmon dry in the refrigerator, uncovered for at least 8 hours. This will tighten the flesh and form a shiny patina, and it is essential for good texture in the final product.

At this point you are ready to cold smoke. I prefer to use a combination of oak, alder or maple, and hickory. I have also had good success with pecan shells, ash, and other flavorful woods.



I am attempting to track down the vendor of the cold smoker I bought about 10 years ago. When I find it I will send you an email.

Thanks,

Gene

No.. thank YOU GENE!



This series of messages were compiled into one primer on smoking salmon. It by no means the "word" on smoked salmon, just my personal experiences over the last three years in chasing after the elusive smoked salmon rainbow. I am getting pretty good at it, though, after probably thousands of dollars of salmon mistakes, so here it is, my treatise.

These messages were left to a gentleman who described his his smoking nightmare to me. I remember the feeling well! I started out with the exact same water smoker that he has, except his was electric and mine was just a wood burning smoker.

I think that you must have been led down the merry path of salmon destruction, K.E! I must laugh a bit, because oh so many years ago (3) when I started doing smoked salmon, I too, had only a water smoker with which to attempt to create that lovely velvety smoked salmon that's just about the priciest thing in the fish counter besides caviar! I soon discovered that it is completely impossible to make COLD smoked salmon (where the fish never exceeds 80F in the smoker) with the typical hot smoking kettle. I DID learn how to make hot smoked salmon which can be done in the water smoker but the process (and the results) are quite different from what you described in your attempt. First of all, one of the most important things is how you cut up the fish. For a hot smoke technique (that WILL work in your system) you want to fillet the fish and then cut the fillets (leave the skin on) into chunks of uniform thickness, thus the top pieces will be thicker than the bottom pieces. I usually use the top middle third of the fillet for lox, the front top and bottom third for hot smoking, the bottom middle third for hot smoking, and the tail for eating fresh (no bones, thin, cooks quickly). Lately I have discovered that the bottom middle piece is also good for a cold smoke done in the Japanese sashimi style. Let's get back to what you CAN accomplish with your system. Here's a recipe for hot smoked salmon that will work in your unit. If you can keep the heat at about 150 instead of 200 you will get better results.

First mix up a batch of brining solution--start with 1 cup of salt (use only kosher or pickling salt, I like Kosher salt best) to 1 cup maple syrup (Aunt Jemima's is just fine--don't waste your money on Vermont's finest) to 1 cup brown sugar. Mix this up really well and then mix in your fish chunks. I am basing this on a good sized fish, about 10-15 pounds undressed, AND with the loin section reserved for something better, like lox! If the mixture is too dry when you add the fish, add about 1/2 to 1 cup water. Just make sure the fish is completely covered. Remember also that the salt will soon start to draw moisture out of your fish, so don't add too much water or you will over dilute your brining solution. It takes about 6 to 8 hours for this step, and don't forget to stir the fish from time to time to redistribute the brine. Now, very QUICKLY rinse each piece of fish under water to remove excess brining solution and place on a rack suspended over newspaper or a big tub, skin side down. Put a fan on the fish for another 6-8 hours until a dry pedicle forms on the fish. This coating will keep moisture in the fish while it is smoking and protect it further from deteriorating. Don't do this outside, you will attract ALL The Bugs in the World. I do it in my garage. It is also important that the temp be pretty cool, so I generally salt the fish during the day and drain them at night, so I can smoke them during the day when I am semi-conscious. You said your system is electric, so you will have to figure out how to make the

smallest fire with the least amount of heat. As I said, about 150 is good for this technique. Now you want to keep this tiny fire smoking for about 8 hours. The pieces on the top rack will cook faster than those on the bottom, so check BOTH racks regularly. You can undercook this a bit, but because of the brine flavor, I think that a bit on the dry side is better. (next message will describe the lox you CAN make)

You can make "smoked" salmon, but not with your system. This recipe is for the old fashioned lox where the fish is not smoked at all, but isn't a gravlax either. I like gravlax, but I like lox better--it's better cured, in my humble opinion, and therefore has a better texture for me. Take the upper middle third of your filleted salmon. Score the skin at regular intervals with a razor. Cut only through the skin, not into the meat. Take your Kosher salt and sprinkle it liberally on the skin rubbing it gently into the cuts. Sprinkle about a 1/4 inch layer of salt in a ceramic or glass no reactive pan that will comfortably fit your fillets. Place the fish skin side down in the pan and then sprinkle salt over the fillet to cover the surface completely. The thicker the fish, the more salt you will need. I would say for the fish in question (the 10 pounder) about a 1/4 inch on top and bottom is sufficient. Now put this in the dish covered and go away for about 9 hours. Come back and poke your fish. If it is hard as a rock, you have failed miserably. If it feels squishy and raw you need to leave it a while longer. If it feels like the lean part of a slab of bacon, you are in the money. Now you want to rinse the fillets and put them in a finishing brine (2 1/2 cups salt to 64 ounces of water). Put the fish in the COLD brine that you have made while the fish was in the dry salt. Leave it there for another 9-12 hours. Now you are ready to freshen the fish--that is, take out as much of the salt you want to get it to your taste. You accomplish this freshening simply by allowing cold water to flow into a basin containing the fish. Don't let the stream of water actually contact the fish. The force of the water will actually make a hole in your fillet--Not attractive! I think about 20 minutes of freshening is good, but that's my taste PLUS it varies wildly with each fish, so the only way is to taste. If it tastes a bit LESS salty than what you like, you are ready to condition the fish. Drain the fish WELL, and then put it on a rack in the frig to drain for 24 hours. If you weigh the fish with a large heavy flat item you will be water horsing the fish and the result is firmer fish. Now you have lox--slice it thin and get out the bagels. If you want a bit of smoke flavor, you can TRY to put your fish over a smoky place but you can't have ANY heat over 80 degrees.

If you had a cold smoking system, the next step after conditioning is cold smoking and that's what separates the men from the boys, except I am an exception, cause I don't care if this is MAN'S work, I want to do it, so I do. I had my husband build me (actually he hired someone) a hot/cold smoker. It is about 10 feet long, with a smoker box at one end and a firebox on the other end. The firebox is connected to the smoke box by way of a duct. In between the two, built around the duct is a spot for my gas grill, a work area, and a wood storage area. I can hot smoke in the smoke box too, so I actually have two fireboxes plus the gas grill. I start a very very small fire in the cold smoke firebox. I soak oak chips and then put a few chunks of wet wood on my tiny fire. Even with the fire box as far away from the smoke box as it is, I still have to tend the fire every fifteen minutes to make sure I don't get a big flare-up in heat OR that the fire just burns out on me. If it burns out, I have to remove the salmon from the smoke box, start

a new fire, let it burn down, and start again. Pain. It usually takes about 16 hours to get a good result, because the true secret of good nova lox salmon is to get the fish dry enough to have good texture without getting it too hot, which ruins the texture completely. If it makes you feel any better, I once salted about 8 of the most gorgeous fillets, forgot about them, and there was just no salvaging them. They were hard salty bricks. They went off the deck which was in retrospect a very cruel thing to do to the critters that ultimately ate those salty bombs. If you are as serious about this as I have become, you must get Jack Whelan's book, Smoking Salmon and Trout! Good luck! Keep me posted. I got my start here, too!

[HOME PAGE](#)

Subject: Peking Duck From: "Fred Towner" <townerf@cyberlink.bc.ca> Reply-To: "Fred Towner" <townerf@cyberlink.bc.ca> Newsgroups: rec.food.recipes Followup-To: rec.food.cooking

>From: "Leo Trainor" <jkjt@iaccess.com.au> >Request for recipe for chinese roast duck or peking duck. >Duck finishes with a rich mahogany color. Thanks

This one works.

MMMMM----- Recipe via Meal-Master (tm) v8.02

Title: PEKING DUCK B1 Categories: Chinese, Poultry, Main dish Yield: 4 servings

1 4-1/2 to 5 lb duck 1 ts Salt 8 Green onions 2 (1/4 in.) sliced ginger root 3 tb Honey 2 tb Cornstarch 1 cn Oven-ready biscuits 1 sm Can plum sauce

A day in advance, clean duck inside & out, dry thoroughly. Season inside with salt. Tie together stem ends of 2 green onions, place inside duck cavity with ginger root. Bring edges of tail opening together, stitch with a length of fine wire. Attach another wire to neck as a handle. Mix 1 qt. water with honey in large wok or small turkey roasting pan, bring to boil. When boiling, stir in cornstarch dissolved in 1/4 cup cold water. Continue to stir to consistency of a thin stream. Lower heat. Holding duck by neck wire, dip into honey mixture 3-4 times to coat on all sides. Remove duck, suspend over container in cool place. Set an electric fan towards duck to help dry the skin. Let duck drip-dry overnight.

Next day: preheat oven to 450 F. Place duck breast side up on flat rack in roasting pan. Roast 30 minute. Reduce heat to 300 F, turn duck over. Roast 30 more minutes. Turn duck breast side up again, roast for final 30 minutes.

Remove biscuits from can, divide each biscuit in 1/2. Bring 2 in. water to boil in bottom of steamer. Place biscuits in container above water, cover, & steam 5 minutes. Thinly slice stems of remaining 6 onions into 2-in. diagonal strips. Divide sliced onion between 4 butter plates, place 1 tsp. plum sauce on each plate. Prepare duck for serving by cutting off drumsticks & wings & placing on platter in position whole duck should be. Carefully slice off all skin pieces of about 1 and 2 inches, lay them aside. Slice same size pieces of meat from bone. Place all carved meat on platter, cover with skin pieces on outside to make presentation look like a whole duck.

Eat by making sandwich of onion, plum sauce, duck, and skin.

Temperature(s): HOT Effort: AVERAGE Time: 24:00 Source: MADAME WU'S GARDEN  
Comments: WILSHIRE BOULEVARD, LOS ANGELES Comments: WINE: DRY WHITE

MMMMM

**YOU ARE MISSING A LOT OF FINE RECIPES IF YOU DON'T [CLICK HERE!](#)**

Another variation:

Peking Duck

Serve 4 to 6

Ingredients:

One 5 to 6 pound duck

8 cups water

1 slice ginger

1 scallion, cut into halves

3 tablespoons honey

1 tablespoon white vinegar

1 tablespoon sherry

1 1/2 tablespoons cornstarch, dissolved in 3 tablespoons water

Scallions for garnish

Directions:

Clean duck. Wipe dry and tie string around neck.

Hang duck in cool, windy place 4 hours.

Fill large wok with water. Bring to boil. Add ginger, scallion, honey, vinegar, and sherry. Bring to boil. Pour in dissolved cornstarch. Stir constantly.

Place duck in large strainer above larger bowl. Scoop boiling mixture all over duck for about 10 minutes.

Hang duck again in cool, windy place for 6 hours until thoroughly dry.

Place duck breast side up on a greased rack in oven preheated to 350 degrees. Set a pan filled with 2 inches of water in bottom of oven. (This is for drippings). Roast 30 minutes.

Turn duck and roast 30 minutes more.

Turn breast side up again. Roast 10 minutes more.

Use sharp knife to cut off crispy skin. Serve meat and skin immediately on a prewarmed dish.

The duck is eaten hot with hoisin sauce rolled in Chinese pancakes. Garnish with scallion flowerets.

(May be prepared in advance through step 5. Do not freeze.)

(This recipe reprinted from Madame Wong's Long-life Chinese Cookbook, courtesy of Sylvia Schulman)

## Mandarin Pancakes

### Ingredients:

2 cups all purpose flour

3/4 cup boiling water

1 tablespoon cold water

2 tablespoons sesame oil

### Directions:

Place the flour in a medium sized bowl, and gradually pour in the boiling water, stirring with a wooden spoon until it is mixed. Add the cold water, stirring. As soon as your hands can withstand the heat, knead the dough on a lightly floured surface until it is smooth and soft. Cover the dough with a damp cloth and let it stand for 30 minutes.

Roll the dough out onto a lightly floured board into a 16 inch long rope. Cut the dough into 16 1-inch pieces.

Shape the pieces into a ball. Use the palm of your hand to flatten each piece into a circle. Then brush the top of each piece with sesame oil and place one piece on top of another, oiled sides together. Continue until you have eight pairs.

Use a lightly floured rolling pin to roll each pair of cakes into a thin 6-inch circle. To maintain an even thickness and roundness, rotate the circles frequently and turn them over as well.

Heat an unoiled non-stick pan over medium to low heat. Fry a pair of pancakes on both sides for approximately



1 minute on each side or until light brown bubbles appear. Remove from the pan and separate into two while still hot. (Once cooled, they are difficult to separate). Put on a plate and cover with a damp cloth while cooking the rest of the pancakes.

These pancakes can be prepared in advance and stored in a plastic bag in the fridge. To reheat, wrap pancakes in a clean cloth and steam for 5 minutes.



Forum: Cooks Online Section: Meat-Poultry-Fish Subj: Winning Fish recipe

To : lisa keys, 75327,2157 11/20/96 12:51 AM From : Judi T, 104052,2245 #723469

Hi Lisa! Congraulations on your winning fish recipe. I have a new fish recipe i just tried tonight, and it was delicious! I got the recipe off of PBS cooking show. Here's the recipe if you'd like to try it.

## BUTTERFLY SHRIMP WITH SEA SCALLOPS

1 lb lg. shrimp (shell peeled off ) 1/2 lb. sea scallops 1/2 cup minced garlic 1/4 cup guldens mustard salt & pepper (just a dash on each shrimp ) 1 cup margarine or butter 1/2 cup dried chopped parsley 2 tbls. lime juice 2 tbls. lemon juice 1/2 cup bread crumbs 1/2 cup grated parmasan cheese Directions: Slice the shrimp lengthwise so that it's laying flat on a cookie sheet. Take the back of a teaspoon and place mustard on back of spoon and spread LIGHTLY on the inside of shrimp. take same tablespoon and add minced garlic . spread garlic evenly over each shrimp. Slice each sea scallop in half, and put on top of shrimp. Sprinkle with salt and pepper lightly. Mix margarine in a bowl cream together parsley, and juices. top with bread crumbs and cheese. Preheat oven to 450 ; Bake for 12-15 min. ENJOY LISA !!

Subject: Deep Fry Batter  
From: Johnson <jmjohnsn@sprynet.com>  
Reply-To: jmjohnsn@m9.sprynet.com  
Newsgroups: rec.food.recipes  
Followup-To: rec.food.cooking

## Deep fry batter

1/2 cup corn starch  
1/2 cup flour  
1 1/2 tsp. baking powder  
3/4 tsp. salt  
dash sugar  
1/2 cup milk  
1/3 cup water

Combine dry ingredients well. Add liquid & blend thoroughly.

<http://home.sprynet.com/sprynet/jmjohnsn>  
Recipes, travel, computers, kids, books & lots more

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What I would do if I caught that waskully wabbit:

By Elmer Fudd

Title: Rabbit Casserole

Keywords: rabbit, casserole

Ingredients:

2 young rabbits salt

pepper 1/2 tsp thyme

3 bay leaves 10 slices bacon

1 cup water 1 cup seasoned bread crumbs

Directions:

Cut rabbits into serving size pieces. Soak young rabbits for two

hours in salt water -- 12 hours or more for older rabbits. Dry

rabbit pieces and place a layer or rabbit in greased casserole.

Sprinkle with salt, pepper and thyme. Add bay leaves. Top with 5

slices of bacon. Make second layer. Pour cup of water over top and

bake at 350 degrees for one hour (if older rabbits bake for 2

hours). Remove cover and sprinkle with seasoned bread crumbs. Bake

for 30 minutes more.

-end recipe export-

-begin recipe export-

Title: Baked Rabbit

Keywords: rabbit, bake

Ingredients:

1 rabbit, cut up 2 eggs, beaten

1 cup dry bread crumbs 1 tbs butter or margarine

2 tbs cooking oil 2 cups chicken stock

2 medium onions

Directions:

Dip meat in egg, then roll in crumbs to coat. Heat the butter and

oil in skilled or heavy baking dish and brown meat lightly. Add the

stock and onions. Cover the pan and bake at 350 degrees for one

hour or until tender.

-end recipe export-

-begin recipe export-

Title: Beery Rabbit

Keywords: rabbit, casserole, beer

Ingredients:

2 rabbits, cut up 1 can beer

2 clove garlic, minced 1 bay leaf

4 onions, sliced thin 1 carrot, grated

1/4 tsp allspice 1/4 tsp nutmeg

1/2 cup bacon fat 1/2 cup flour

6 potatoes, sliced salt and pepper

Directions:

In a large casserole place beer, garlic, tsp salt and 1/4 tsp pepper, bay leaf, onions, carrot, allspice and nutmeg. Stir well.

Place rabbit pieces in this mixture to marinate over night in refrigerator, stirring occasionally.

In large skillet, melt bacon fat. Pour flour, salt and pepper in bag. Shake rabbit parts in bag until coated with mixture. Saute the pieces until they are brown. Pour marinade into skillet and simmer for 1 1/2 hours.

Cover the rabbit with slice potatoes, replace lid and simmer for another half an hour or until potatoes are done.

-end recipe export-

-begin recipe export-

Title: Rabbit Stew

Keywords: rabbit, stew, small game

Ingredients:

2 rabbits, cut up 2 tbs butter or bacon fat

*bouquet garni in bag 2 cubs chicken stock

1 tsp salt 3 potatoes

4 carrots 3 onions

8 cold biscuits butter or bacon fat for frying

*bay leaf, celery tops, thyme, parsley, 2 whole cloves.

Directions:

Heat 2 tbs butter or bacon fat in bottom of stew pot. Brown the meat quickly. Add stock. If necessary add additional water to cover meat. Add bouquet garni and simmer until meat starts to get tender -- about one hour. Peel vegetables, cut into chunks and add to stew. Cook until carrots are tender, about 30 minutes. Remove bouquet garni and meat. Debone meat, cut into bite size pieces and return to stew. Heat through. Melt butter or bacon fat in drying and fry split biscuits for 3 minutes. Place a biscuit in bottom of

each bowl and pour stew over it.

-end recipe export-

-begin recipe export-

Title: Barbecued Rabbit

Keywords: rabbit, BBQ, small game

Ingredients:

1 rabbit, cut up 1/2 cup flour

1 tsp salt 1/4 cup margarine

barbecue sauce (see below)

Directions:

Dry rabbit with paper towel. Dust with season flour and brown in melted margarine. Pour barbecue sauce over rabbit and simmer until done. -- about one hour.

Barbecue sauce

Ingredients:

3 tbs meat bouillon 3 tbs chili sauce

1 tsp steak sauce 3 tbs catsup

2 tbs vinegar 1 1/2 tsp salt

1/4 tsp pepper 1/2 small onion, minced

1 tbs brown sugar

Directions:

Combine all ingredients and mix thoroughly.

-end recipe export-

-begin recipe export-

Title: Rabbit Fried in Cornmeal

Keywords: rabbit, stove top, fried

Ingredients:

1 rabbit, cut up 1/4 cup vinegar

salt 1 cup cornmeal

Directions:

Place rabbit in deep pot and cover with water. Add vinegar. Bring pot to boil and cook for ten minutes. Remove rabbit and toss water and vinegar. In another pot, cover rabbit with water and add 1 or 2 tsp salt. Boil until nearly tender. Let cool and coat with cornmeal. Fry as you would chicken.

-end recipe export-

-begin recipe export-

Title: Rabbit with Raisin Gravy

Keywords: rabbit, stove top, small game

Ingredients:

1 rabbit, cut up 4 whole cloves

1/2 cup vinegar 2 bay leaves

2 tsp salt 1 onion, chopped

1/2 cup dark raisins 1/4 cup brown sugar

Directions:

Place rabbit pieces in deep pot and cover with water. Add 1/4 cup vinegar. Boil for ten minutes and toss of water and vinegar.

Again cover rabbit with water and add 1/4 cup vinegar, salt, onion, cloves and bay leaves. Cook until nearly tender and then add raisins and brown sugar. Continue cooking until rabbit is tender -- at least an hour.

Remove rabbit from pot, and thicken liquid with a paste of flour and water. Put rabbit back in gravy and heat before serving.

-end rabbit recipe-

-begin rabbit recipe-

Title: Oven-Bag Rabbit

Keywords: rabbit, bake

Ingredients:

1/4 cup flour 1 cup celery, sliced

salt and pepper 2 tbs butter

1 rabbit, cut up 1/2 cup dry red wine

1/2 cup onion, chopped 1/2 tsp Kitchen Bouquet

Directions:

Preheat oven to 350 degrees. Shake flour, salt and pepper in oven cooking bag and place in roasting pan. Add rabbit and shake gently to coat meat. Then spread rabbit pieces in bottom of bag. Add onion, celery and butter. Combine wine and Kitchen Bouquet and add to bag. Secure bag with twist tie and make several half-in cuts in bag. Cook for one hour or until tender.

-end recipe export-

-begin recipe export-

Title: Slow Cooked Rabbit

Keywords: rabbit, slow cooker

Ingredients:

1 rabbit, cut up 1 can cream of mushroom soup
salt and pepper 1/4 tsp Worcestershire sauce
1/2 cup dry red wine 1 tsp instant minced onions
1 cup sour cream paprika

Directions:

Sprinkle rabbit with salt, pepper and paprika. Place in slow
cooker. Mix red wine, soup, sour cream, Worcestershire sauce and
minced onion. Pour mixture over rabbit. Cook on low for 8 hours.

-end recipe export-

-begin recipe export-

Title: Hasenpfeffer

Keywords: rabbit, German, sour, casserole

Ingredients:

2 rabbits, cut up 1 1/2 tsp salt
3 tbs butter 1 medium onion
12 peppercorns 1 bay leaf
1/4 cup lemon juice 4 whole cloves
1 parsley sprig 1/2 tsp thyme
1 cup port wine 2 cans condensed beef bullion

Directions:

Rub rabbit with salt. Saute in butter until brown and place in 3
quart casserole. Add onion, cloves, port and lemon juice. Put
peppercorns, parsley, thyme and bay leaf in cheesecloth bag and add
to dish. Pour the bouillon in and bake at 350 degrees for 1 1/2
hours.

-end recipe export-

-begin recipe export-

Title: Applejack Rabbit Casserole

Keywords: rabbit, casserole,

Ingredients:

2 rabbits, cut up 1/2 stick margarine

1/4 cup applejack 1 1/2 cup onions, diced
1 cup diced carrots 1/4 cup sliced mushrooms
1 1/2 tsp tomato paste 3 tbs flour
1 chicken bouillon cube 1 cup hot water
1/2 cup dry sherry salt and pepper
parmesan cheese paprika

Directions:

Brown rabbit pieces in margarine. Warm applejack in sauce pan, set afire and pour over meat. Remove meat and set aside. Add onion and carrot and stir around over medium heat for six minutes. Add mushrooms and cook another 3 minutes. Remove from stove long enough to stir in tomato paste and flour that have already been blended into smooth paste. Put bouillon cube in hot water to dissolve and add to mixture along with sherry. Stir over low heat until starts to bubble. Season with salt and pepper and simmer for 3 minutes. Transfer to casserole, mix in meat, and sprinkle with parmesan cheese and paprika. Bake at 350 degrees for one hour or until rabbit is tender.

-end recipe export-

-begin recipe export-

Title: Crispy Roast Rabbit

Keywords: rabbit, bake

Ingredients:

1 rabbit, cut up 1/2 cup cooking oil
salt and pepper 3/4 cup flour
2 eggs, beaten 3/4 cup bread crumbs
1 onion, minced 1 bay leaf

Directions:

Heat oil in oblong baking dish. Salt and pepper rabbit pies, roll in flour and then in beaten egg followed by bread crumbs. Place rabbit in baking dish. Add onion and bay leaf. Bake at 350 degrees for 1 1/2 hours or until tender.

-end recipe export-

-begin recipe export-

Title: Rabbit Quebec

Keywords: rabbit, casserole

Ingredients:

2 rabbits, cut up 1/4 stick margarine

salt and pepper paprika

1/2 cup onion, diced 3 cloves garlic, minced

2 cups sherry

Directions:

Melt margarine in frying pan and brown rabbit pieces. Season to taste with salt, pepper and paprika. Place pieces in casserole and sprinkle with onion and garlic. Pour sherry in frying pan, mix and scrape, then pour over meat. Bake for 2 hours at 325 degrees or until rabbit is tender.

-end recipe export-

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GRILLING BEEF

BEEF CUT	THICKNESS/ WEIGHT	TOTAL COOKING TIME UNCOVERED <i>Approx.</i> <i>(medium rare to medium)</i>
Ribeye Steak	3/4 inch	6 to 8 minutes
	1 inch	11 to 14 minutes
Porterhouse/T-Bone Steak	3/4 inch	10 to 12 minutes
	1 inch	14 to 16 minutes
Top Loin Steak, <i>boneless</i>	3/4 inch	10 to 12 minutes
	1 inch	15 to 18 minutes
Tenderloin Steak	1 inch	13 to 15 minutes
Top Sirloin Steak, <i>boneless</i>	3/4 inch	13 to 16 minutes
	1 inch	17 to 21 minutes
Flank Steak (<i>marinate</i>)	1-1/2 to 2 lb	17 to 21 minutes
Top Round Steak (<i>marinate</i>) <i>Recommend cooking to medium rare</i> <i>(145°F) doneness only.</i>	3/4 inch	8 to 9 minutes
	1 inch	16 to 18 minutes
	1-1/2 inches	25 to 28 minutes (<i>grill covered</i>)
Ground Beef Patties <i>USDA/FSIS recommends cooking</i> <i>to medium (160°F) doneness or</i> <i>until centers are no longer pink.</i>	1/2 x 4 inches (4/1 lb)	11 to 13 minutes
	3/4 x 4 inches (4/1-1/2 lb)	13 to 15 minutes

Source: National Cattlemen's Beef Association

Poll Results

The results of the "GRILLHEAD or NOT" poll was as follows:

How Often do you grill?

Almost daily in good weather 6 (35 %)

Weekly in good weather 5 (29 %)

All the time any weather 6 (35 %)

Only on special Occasions 0 (0 %)

Thank you to those who took a second to click a vote! A nice cross section of visitors. This poll ran for 60 days.



Q. What type of grill do you use?

Total Votes Cast: 82

Title Votes Ratio

1. LP GAS 19 23.2%

2. Charcoal 37 45.1%

3. BOTH 26 31.7%

4. Stove Top 0 0%

Interesting to see that many people use both charcoal and gas units!



Who Manufactured your grill?

Weber 18 (36%)

Charbroil 12 (24%)

Sears 1 (2%)

Thermos 2 (4%)

Sunbeam 3 (6%)

Fiesta 0 (0%)

Home Made 4 (8%)
Not Listed 10 (20%)
Dept. Store Branded 0 (0%)

50 Total votes

comments:

1: Mine is an Oklahoma Joe's--vertical cooking chamber with horizontal wood box--heavy steel provides better heat control than a horizontal cooking that I formerly used. A Polder thermometer also a big help. This set-up provides real bbq the way it is meant to be, NO GRILLING!

2: made my own smoker ? grill.... i cook with lump charcoal, nothing taste better

3: Just purchased my first big pit, made from a 275 gal. oil drum, it's on wheels, has a hitch so it can be pulled behind a vehicle, I have it going right now, burning wood, with one lonely Boston butt cooking, I am trying to learn proper amount of wood, and how to control the heat. Big move for me from a 22 inch weber..I am contemplating going into catering with this set up, but have to get a lot better cooking on it before I do. Rich Ward email richw@locallink.net

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Whole Turkey on Grill

I've prepared a whole turkey on both a gas grill and a Weber charcoal grill. The largest turkey I've been able to prepare is about 14 lbs.

General instructions:

Clean turkey well, removing any bits of pin feathers and cleaning the cavity of any remaining pieces of innards. Soften a stick of butter to room temperature and rub the cavity with half of the stick of butter. Stuff with your favorite stuffing. With the remaining butter, stuff a little between the skin and the breast meat and rub some over the skin of the turkey. Stuff a little bit of the stuffing between the skin and the breast also. Skewer the cavity opening shut. Also place a little stuffing in the neck cavity, tuck the neck skin under and skewer shut. Salt and pepper the turkey and I like to place about three pieces of bacon on top of the bird. I know, I know - this is not exactly the most low cholesterol way of preparing turkey--but none of us have a problem here and we've been eating this way for many, many years.

I've found that instead of using a roasting pan it is easier to use a homemade pan from extra heavy duty foil - using three layers of foil and making it just big enough to hold the bird and the sides need to be about 2 1/2" high.

For a gas grill, I have placed the turkey crosswise on the grill so that the pan is evenly distributed over the two sets of jets. Set the flame so that a temperature of 300 to 325 degrees is maintained. On my 44,000btu grill, that is about the lowest setting. Cover with heavy duty foil for the majority of the cooking. Time about 20 minutes per pound at 300 degrees. Remove the foil for the last hour of cooking. Every once in while, baste the turkey with the juices (or with the basting juice recipe--to follow). I have "hot spots" in the jets of the grill--so about twice during the cooking I turn the turkey around (and the pan, of course) so that one side is not more cooked than another.

Basting Juice recipe

1 medium onion
1 stick butter
neck and gizzard
3 cups chicken stock or water or bullion
2 tsp chopped rosemary
salt and pepper to taste

1/2 cup vermouth
1 cup sweet marsala wine
juice from two lemons

Melt the butter in a heavy pot over medium high heat. Chop the onion and sauté in the butter until just translucent. Add the neck and the gizzard and continue cooking for about 4 minutes. Add the rosemary and stock and simmer until reduced by half. Strain well. Use the gizzard and neck in the stuffing or the gravy. For the basting juice, mix together the stock preparation, one half of the marsala and vermouth and the juice of one lemon. Use the remaining wine and vermouth and lemon juice if needed. I use all of the mixture for a 20 lbs turkey, so I wouldn't think you would need to use all of it for a smaller turkey. This really keeps the turkey moist and flavorful. BTW, roasting a turkey on the grill - even if you don't use this basting juice - makes a very, very flavorful and juicy turkey (and whole chicken too).

Gooney Chex Mix - Recipes For Families

Gooney Chex Mix

Ingredients:

- 1 c. butter
- 1 c. karo syrup
- 1 c. sugar
- 6 c. rice chex
- 6 c. honey grahams
- 1 c. slivered almonds
- 1 c. cashew halves
- 1 c. coconut

Stir butter, light karo syrup, and sugar in a pan and bring to a boil for 3-4 minutes. Pour over the top of all the mix. Mix well. Spread mix on wax paper and let sit for 1 hour or longer. This is so delicious!!! 4-stars!! - BOWLNSEWMOM

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[Family Favorites Recipe Index](#)

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